

Are you ready?...



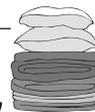
Make a plan. Be informed. Be safe.

Making a Plan and Being Informed

- ✓ Talk about what might happen: blizzard, fire, flooding, etc.
- ✓ How would you find out about it?
- ✓ Do you know how to contact each other? (See Your Communications Plan below)
- ✓ What would you need if you couldn't get out for a few days? (See Building a Disaster Kit below)

If You Have To Leave:

- ✓ You may need pillows, blankets, and snacks to eat until the shelter is fully functioning.
- ✓ Think about financial papers, check books, credit cards, medication, identification papers, cash, etc.
- ✓ Plan together about the special needs of your children and others in your family.
- ✓ Check with your local American Red Cross about pets.
- ✓ Take extra food and water for your pet.
- ✓ See web links for more information: <http://southernmaine.redcross.org/>



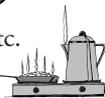
Being Safe—Building a Disaster Kit

What will you need if you can't get out for three days and don't have electricity? Here are some suggestions:

- ✓ 3-day supply of non-perishable food that does not require cooking
- ✓ 3-day supply of water (1 gallon of water per person, per day)
- ✓ Portable, battery powered radio with extra batteries
- ✓ Flashlight with extra batteries
- ✓ First aid kit



- ✓ Telephone that works if the electricity is off
- ✓ A safe way to heat food and water: camp stove, etc.
- ✓ A way to keep warm if the power is off: sleeping bags, extra blankets, etc.
- ✓ 3-day supply of your medicines on hand at all times
- ✓ Items for infants: formula, diapers, etc.
- ✓ Food and water for pets



Your Communications Plan

Family Members:

Name: _____

Phone: _____

Name: _____

Phone: _____

Meeting Place:

Address: _____

Phone: _____

Out-of-town Contact:

Name: _____

Phone: _____