



NATIONAL PREPAREDNESS MONTH

SEPTEMBER 1-30

**DISASTERS DON'T WAIT.
MAKE YOUR PLAN TODAY!**



National Preparedness Month At A Glance



Ready Upland

1

Week 1: September 1-5

MAKE A PLAN

Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers For Disease Control recommendations due to the Coronavirus.



2

Week 2: September 6-12

BUILD A KIT

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs of each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the Centers for Disease Control.



3

Week 3: September 13-19

PREPARE FOR DISASTERS

Limit the impacts that disasters have on you and your family. Know the disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.



4

Week 4: September 20-26

TEACH YOUTH ABOUT PREPAREDNESS

Talk to your kids about preparing for emergencies and what to do in case you are separated. Reassure them by providing information about how they can get involved.





BUILD A KIT

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. Make sure your emergency kit is stocked with the items on the checklist. Most items are inexpensive, easy to find, and any one of them could save your life.

Basic Disaster Supplies Kit

- To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:
- Water (one gallon per person per day for least three days for drinking and sanitation)
- Food (at least a three day supply of non-perishable food)
- Battery-powered or hand crank radio and NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (To signal for help)
- Dust mask (To help filter contaminated air)
- Plastic sheeting and duct tape (To shelter in place)
- Moist towelettes, garbage bags, and plastic ties (For personal sanitation)
- Wrench or pliers
- Manual can opener (For food)
- Local maps
- Cell phone with chargers and a backup battery
- Download the Recommended Supplies List

Additional Emergency Supplies

Since Spring of 2020, the CDC has recommended people include additional items in their kits to help prevent the spread of Coronavirus or other viruses and the flu:

- Cloth face coverings (For everyone ages 2 and above), hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids, or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.

WEEK 2

BUILD A KIT

PDF Documents:

Emergency Supply
List

Additional Emergency Supplies (Continued):

- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Maches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels, and plastic utensils
- Paper and pencil
- Books, games, puzzles, or other activities for children

Pets & Animals:

Remember, during a disaster what's good for you, is good for your pet, so get them ready today.

If you leave your pet behind, they may be lost, injured, or worse. Never leave a pet chained outdoors. Plan options include:

- Create a buddy system in case you're not at home. Ask a trusted neighbor to check on your animals.
- Identify shelters. For public health reasons, many emergency shelters cannot accept pets.
 - Find pet friendly hotels along your evacuation route and keep a list in your pet's emergency kits.
 - Located boarding facilities or animal hospitals near your evacuation shelter.
 - Consider an out-of-town friend or relative.
- Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter in case your pet needs medical care. Add the contact information to your emergency kit.
- Have your pet microchipped and make sure that you not only keep your address and phone number up-to-date, but that you also include contact information for an emergency contact outside of your immediate area.
- Call your local emergency management office, animal shelter, or animal control office to get advice and information.
- If you are unable to return to your home right away, you may need to board your pet. Find out where pet boarding facilities are located.

WEEK 2
(Continued)



Pets & Animals (Continued):

- Most boarding kennels, veterinarians, and animal shelters will need your pet's medical records to make sure all vaccinations are current.
- If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger.

Tips For Large Animals:

If you have large animals such as horses, cattle, sheep, goats, or pigs on your property, be sure to prepare before a disaster.

- Ensure all animals have some form of identification.
- Evacuate animals whenever possible. Map out primary and secondary routes in advance.
- Make available vehicles and trailers needed for transporting and supporting each type of animal. Also make available experienced handlers and drivers.
- Ensure destinations have food, water, veterinary care, and handling equipment.
- If evacuation is not possible, animal owners must decide whether to move large animals to shelter or turn them outside.

Take extra time to observe livestock, looking for early signs of disease and injury. Severe cold-weather injuries or death primarily occur in the very young or in animals that are already debilitated.

Animals suffering from frostbite don't exhibit pain. It may be up to two weeks before the injury becomes evident as the damaged tissue starts to slough away. At that point, the injury should be treated as an open wound and a veterinarian should be consulted.

Make sure your livestock has the following to help prevent cold-weather problems:

- Plenty of dry-bedding to insulate vulnerable udders, genitals, and legs from the frozen ground and frigid winds.
- Windbreaks to keep animals safe from frigid conditions.
- Plenty of food and water.

BUILD A KIT

PDF Documents:
Pet Kit List

Build A Kit For Animals:

Include basic survival items and items to keep your pet happy and comfortable. Start with this list or download the Pet Kit List to find out exactly what items your pet needs to be ready.

Your kit should include:

- Food (At least a three day supply in an airtight, waterproof container.)
- Water (At least three days of water specifically for your pets.)
- Medicines
- Medical records, proof of vaccinations, registration, and adoption documents (talk to your veterinarian about microchipping).
- First aid kit (cotton bandage rolls, bandage tape and scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol, saline solution, and a pet first aid reference book).
- Collar or harness with ID tag, rabies tag, and a leash.
- Create or pet carrier (a sturdy, safe crate, or carrier large enough for your pet to stand turn around, and lie down).
- Sanitation needs (litter box and litter, newspapers, paper towels, plastic trash bags, and household chlorine bleach).
- A picture of you and your pet together to prove ownership (add species, breed, age, sex color, and distinguishing characteristics).
- Familiar items (treats, toys, and bedding can help reduce stress for your pet).

Maintaining Your Kit:

After assembling your kit, remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's need change.

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

WEEK 2
(Continued)

BUILD A KIT



Maintaining Your Kit (Continued):

- **Work:** Be prepared to shelter at work for at least 24-hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.
- **Car:** In case your are stranded, keep a kit of emergency supplies in your car.

WEEK 2
(Continued)



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children



Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation

Food, at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Can opener for food (if kit contains canned food)

Local maps

Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of agencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready 



Federal Emergency Management Agency
Washington, DC 20472

Preparing for Your Pets Makes Sense. Get Ready Now.



If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Preparing for the unexpected makes sense. **Get Ready Now.**



This information was developed by the Federal Emergency Management Agency in consultation with:
American Kennel Club, The American Society for the Prevention of Cruelty to Animals, American Veterinary Medical Association, and The Humane Society of the U.S.



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Prepare For Emergencies Now:

Information For Pet Owners.



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www.ready.gov

1 Prepare

Get a Pet Emergency Supply Kit.

Just as you do with your family's emergency supply kit, think first about the basics for survival, particularly food and water. Consider two kits. In one, put everything you and your pets will need to stay where you are. The other should be a lightweight, smaller version you can take with you if you and your pets have to get away. Plus, be sure to review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.

Food. Keep at least three days of food in an airtight, waterproof container.

Water. Store at least three days of water specifically for your pets in addition to water you need for yourself and your family.

Medicines and medical records. Keep an extra supply of medicines your pet takes on a regular basis in a waterproof container.

First aid kit. Talk to your veterinarian about what is most appropriate for your pet's emergency medical needs. Most kits should include cotton bandage rolls, bandage tape and scissors; antibiotic ointment; flea and tick prevention; latex gloves, isopropyl alcohol and saline solution. Include a pet first aid reference book.

Collar with ID tag, harness or leash. Your pet should wear a collar with its rabies tag and identification at all times. Include a backup leash, collar and ID tag in your pet's emergency supply kit. In addition, place copies of your pet's registration information, adoption papers, vaccination documents and medical records in a clean plastic bag or waterproof container and also add them to your kit. You should also consider talking with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database.

Crate or other pet carrier. If you need to evacuate in an emergency situation take your pets and animals with you provided that it is practical to do so. In many cases, your ability to do so will be aided by having a sturdy, safe, comfortable crate or carrier ready for transporting your pet. The carrier should be large enough for your pet to stand, turn around and lie down.

Sanitation. Include pet litter and litter box if appropriate, newspapers, paper towels, plastic trash bags and household chlorine bleach to provide for your pet's sanitation needs. You can use bleach as a disinfectant (dilute nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color safe bleaches, or those with added cleaners.



A picture of you and your pet together. If you become separated from your pet during an emergency, a picture of you and your pet together will help you document ownership and allow others to assist you in identifying your pet. Include detailed information about species, breed, age, sex, color and distinguishing characteristics.

Familiar items. Put favorite toys, treats or bedding in your kit. Familiar items can help reduce stress for your pet.

2 Plan

What You Will Do in an Emergency.

Be prepared to assess the situation. Use whatever you have on hand to take care of yourself and ensure your pet's safety during an emergency. Depending on your circumstances and the nature of the emergency the first important decision is whether you stay put or get away. You should understand and plan for both possibilities. Use common sense and the information you are learning here to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, watch TV, listen to the radio or check the Internet for instructions. If you're specifically told to evacuate, shelter-in-place or seek medical treatment, do so immediately.

Create a plan to get away. Plan how you will assemble your pets and anticipate where you will go. If you must evacuate, take your pets with you if practical. If you go to a public shelter, keep in mind your animals may not be allowed inside. Secure appropriate lodging in advance depending on the number and type of animals in your care. Consider family or friends willing to take in you and your pets in an emergency. Other options may include: a hotel or motel that takes pets or a boarding facility, such as a kennel or veterinary hospital that is near an evacuation facility or your family's meeting place. Find out before an emergency happens if any of these facilities in your area might be viable options for you and your pets.

Develop a buddy system. Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Talk with your pet care buddy about your evacuation plans and show them where you keep your pet's emergency supply kit. Also designate specific locations, one in your immediate neighborhood and another farther away, where you will meet in an emergency.

Talk to your pet's veterinarian about emergency planning.

Discuss the types of things that you should include in your pet's emergency first aid kit. Get the names of vets or veterinary hospitals in other cities where you might need to seek temporary shelter. You should also consider talking with your veterinarian about permanent identification such as microchipping, and enrolling your pet in a recovery database. If your pet is microchipped, keeping your emergency contact information up to date and listed with a reliable recovery database is essential to your being reunited with your pet.

Gather contact information for emergency animal treatment. Make a list of contact information and addresses of area animal control agencies including the Humane Society or SPCA, and emergency veterinary hospitals. Keep one copy of these phone numbers with you and one in your pet's emergency supply kit. Obtain "Pets Inside" stickers and place them on your doors or windows, including information on the number and types of pets in your home to alert firefighters and rescue workers. Consider putting a phone number on the sticker where you could be reached in an emergency. And, if time permits, remember to write the words "Evacuated with Pets" across the stickers, should you flee with your pets.



3 Stay Informed

Know About Types of Emergencies.

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit for yourself, your family and your pets, is the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region as well as emergency plans that have been established by your state and local government. For more information about how to prepare, visit www.ready.gov or call 1-800-BE-READY.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With these simple preparations, you can be ready for the unexpected. Those who take the time to prepare themselves and their pets will likely encounter less difficulty, stress and worry. Take the time now to get yourself and your pet ready.

Preparing for Your Pets Makes Sense. Get Ready Now.