

Be Responsible. Be Ready.

YOU NEED TO THINK OF THIS AS THE MOST IMPORTANT TO-DO LIST YOU WILL EVER TAKE ON. Officials tell us that in the event of a disaster we need to be prepared to be self-sufficient for 3 to 5 days. We hope none of us ever has to face a major hurricane, flood or terrorist attack. BUT just in case, it's our responsibility to be ready. Remember it will be easy to do these things now. It will be almost impossible after the fact.

- Put a Kit together.**
This is the kit that will allow you to be sheltered at home for 3-5 days. The contents for a simple kit are on the back of this card.
- Put a Go-Kit together.**
Same idea, only smaller and portable, in case you have to leave your house in a hurry.
- Buy a battery-powered radio and extra batteries.**
If power goes out, so does your TV, radio, and computer—AND any connection to the outside world.
- Have a plan and hold a family meeting.**
Every family member will have responsibilities and needs to be on the same page. Make sure everyone knows what to do. Talk about how to leave your house if you need to get out fast.
- Pick a meeting Place.**
What if you're at work, the kids are at a friend's house and your spouse is running errands. Have a pre-arranged meeting place in addition to your home where you can all find each other.
- Arrange for an out-of-town connection.**
Sometimes local telephone communications are knocked out before long-distance lines are. Pick an out-of-town relative or friend to be the contact person for everyone.
- Print Important Information Cards for all family members.**
Make sure everyone in your family has one with them at all times.
- Know how to shut off water, gas, electricity and any other utilities in your home.**
Gas leaks are just one of the dangers. If you have to turn everything off, make sure you know how.

The Kit

Having a disaster kit is essential. It should contain provisions that will allow you and your family to be self-sufficient in your home for 3-5 days. We recommend the following contents:

- Water**
One gallon of water per person, per day.
- Food**
Ready to eat canned food; high energy food like peanut butter, Granola bars and trail mix; treats like cookies, cereal, tea, coffee; canned juices.
- Flashlight and extra batteries**
- Battery-powered radio and extra batteries**
- First-aid kit including scissors**
- Medications, both prescription and over the counter**
- Special needs for infants and others who require individual health and safety items**
- Trash bags with ties**
- Blankets, sleeping bags**
- Soap, toilet paper, bleach**
- Credit cards and cash**
- Change of Clothes for each member of the household**

The Portable Go-Kit

If you have to leave your house in a hurry, you won't have time to pack. You should have all of the items listed above, just in smaller amounts. AND, you should have important papers and documents in a portable and secure container.

For More Information

We encourage you to find out more about how to be responsible and ready. For details on what you can do, go to www.ready.gov.



Brought to you by the Rappahannock-Rapidan Medical Reserve Corps
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