

- ✓ Get a kit
- ✓ Make a plan
- ✓ Stay informed

It could take time for help to arrive if businesses close, fallen trees block roads and power goes out in your area. You should have general supplies to support your household for at least three days, including:

- Water, at least three gallons per person for drinking and sanitation
- Food that does not need electricity for storage or for preparation
- Manual can opener for food (if kit contains canned food)
- Battery-powered or hand crank radio and a weather alerting radio and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Prescription medications and eyewear
- Dust mask, to help filter contaminated air, plastic sheeting and duct tape to shelter where you are
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities

You might have to evacuate your home during events such as chemical spills, explosions or hurricanes. Try to stay with family and friends, or at a hotel or motel. If you have to go to a public shelter you should take important supplies with you that will support your family for at least three days.

Remember the needs of babies in your family when making your emergency supply kit.

- Formula
- Bottled water to mix with formula and to wash bottles
- Bottles
- Blankets (both emergency blankets and receiving blankets)
- Diapers – keep the diaper size current
- Disposable wipes
- Copy of a current shot record
- Bath towels and wash cloths
- Burp cloths, bibs
- Binkies and toys
- Cotton swabs
- Medications
- Diaper rash ointment

Additional items to consider for your emergency supply kit:

- Local maps
- Copies of important family documents, such as insurance policies, identification and bank account records in a waterproof, portable container
- Cash in small denominations or traveler's checks and change
- Sleeping bag or warm blanket for each person
- Complete change of clothing, including a long-sleeved shirt, long pants, socks and sturdy shoes
- Books, games, puzzles or other activities for children

Your family pets should have their own supplies in an emergency supply kit:

- Identification tags on collars
- Medications, immunization records
- Sturdy leashes or carriers to transport pets safely (Carriers should be large enough for the pet to stand up, turn around and lie down)
- Towels or blankets
- Current photos of you with your pets
- Food, drinking water, bowls, cat litter/pan and can opener
- Feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian
- Pet beds and toys

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Discuss with your family the types of hazards and threats in your area and what to do in each case. Make a list of important contact information and keep it with you at all times.

Out-of-town contact: _____
E-mail: _____
Telephone: _____
Cell phone: _____

Decide on a meeting place in case you cannot return to your home, and know where you would go if you had to evacuate your area.

Neighborhood meeting place: _____
Telephone: _____

Out-of-town meeting place: _____
Telephone: _____

Collect information about the locations where your family members spend the most time.

Workplace (1): _____ School (1): _____
Address: _____ Address: _____
Telephone: _____ Telephone: _____

Workplace (2): _____ School (2): _____
Address: _____ Address: _____
Telephone: _____ Telephone: _____

Other location: _____ Other location: _____
Address: _____ Address: _____
Telephone: _____ Telephone: _____

Record any medications your family members take on a daily basis.

Medicine: _____ Medicine: _____
Dosage: _____ Dosage: _____

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Collect information for others you might need to contact in an emergency.

Doctor: _____ Insurance co.: _____
Address: _____ Address: _____
Telephone: _____ Telephone: _____

Pharmacist: _____ Veterinarian: _____
Address: _____ Address: _____
Telephone: _____ Telephone: _____

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Knowing what to do during an emergency is an important part of being prepared. Be informed about what kinds of threats could affect where you live. The Ready Virginia Web site, www.ReadyVirginia.gov, offers information about what emergencies can happen in Virginia and what to do if they happen.

Before, during and after a disaster, it is critical that you listen for the most local, up-to-date information from emergency officials. Through your local media, local, state and federal government partners will give you critical instructions, such as:

- Any orders to evacuate
- Details about evacuation routes
- Locations of evacuation shelters
- How to safely stay where you are
- Where to find assistance
- Weather warnings and watches

Make sure your battery-powered radio is working in case the electricity goes out, and have extra batteries on hand.

Get weather alerts and Emergency Alert System messages.

A National Oceanic and Atmospheric Administration broadcasts weather watches and warnings from local National Weather Service offices 24 hours a day. In addition to weather alerts, the network also sends environmental and public safety alerts.

These broadcasts cannot be heard on a simple AM/FM radio receiver. There are, however, many options that range from handheld units to desktop consoles that can receive NWS messages. Receivers can be found at many retail outlets and offer different features, such as:

Tone alarm: A tone sent with a NWS message will activate a weather radio, even if the audio is turned off. This is especially useful for warnings which occur during the night when most people are asleep.

SAME technology: SAME, or Specific Alert Message Encoding, allows you to specify the particular area for which you wish to receive alerts. Since most NWS transmitters are broadcasting for a number of counties, SAME receivers will respond only to alerts issued for the area (or areas) you have selected. This minimizes the number of alarms for events that are outside your area.

Selectable alerting of events: While SAME allows you to specify a particular area of interest, some receivers allow you to turn off the alarm for certain events, such as coastal events if you live inland.

The NOAA broadcast network covers all major metropolitan areas and many smaller cities and towns. Go to www.weather.gov to learn more.

If you live within 10 miles of either the North Anna or the Surry Power Station, the Emergency Alert System will provide you with emergency information in case of a radiological incident. A list of local EAS television and radio stations is available in your telephone directory in calendars distributed in the area by Dominion Virginia Power. Visit Dominion's Web site for more information about radiological preparedness: www.dom.com.