

(Narrator)

Are you ready for a blizzard? An Ice Storm? A tornado? A pandemic?"

Any of these events could happen right here in Sedgwick County. Fortunately, getting ready is as easy as 1-2-3...

1. Get a Kit.
2. Make a Plan
3. Be informed.

When creating your emergency kit, start with a durable plastic container that can be kept in the safest place in your home. If you have a basement, that is ideal. If not, a closet will work. Be sure everyone in your family knows where the kit is kept. When creating your kit, don't get overwhelmed. The list we're about to review is somewhat extensive. Build your kit over time so you don't have to make a lot of purchases at once. Also, you probably have many of these items around your home already. Ok, let's get started...your kit should include a 3-day supply of each of the following:

Water: You will need one gallon of water per person, per day for drinking and sanitation.

Food: Choose food items that don't require heating or refrigeration. We suggest: canned meats, juices, soup and fruits as well as high-energy foods like peanut butter, granola bars and crackers. Don't forget food and formula for infants, if necessary. Dried fruit is also a good addition. Avoid salty foods which make you thirsty. Remember a can opener!

Clothing & Bedding: Plan for one complete change of clothing and footwear for each person in your household. Other necessities include: sturdy shoes or work boots, blankets and sleeping bags, and hat and gloves.

Tools & Supplies: Some items to include:

NOAA (National Oceanic and Atmospheric Administration) weather radio with a hand crank so you don't depend on batteries

- Glow sticks
- extra batteries
- flashlight
- cash or traveler's checks and change
- matches in a waterproof container
- toilet paper
- soap and liquid detergent
- Moist Towelettes
- Garbage bags
- Whistle
- Dust mask
- Duct tape
- Infant formula and diapers (if necessary)
- Pet Food (if necessary)

First Aid Kit - Remember to check items including food and medical supplies that have expiration dates. Once or twice a year, try to refresh items. A good time of year to do this is when the time changes ... "set your clock and check your stock!" Now that you have a kit, it's time to make your home emergency plan.

Involve your family members. Remember to post your completed plan somewhere everyone can see the details, perhaps on your refrigerator. To simplify the process the Sedgwick County Health Department has created Family Emergency Plans and Cards. These are available online at www.sedgwickcounty.org.

Here are some things to consider when creating your plan: Choose an in town and out-of-town emergency contact. Your selected contacts should live far enough away that they would not be directly affected by the same event, and they should know they are an emergency contact. Make sure every household member has the contacts' telephone numbers (home, work, pager and cell). Keep a card of contact numbers in your kit.

When creating your plan, discuss various kinds of emergencies and how you will respond to each situation.

- Discuss power outages and medical emergencies. Teach children how and when to call 9-1-1.
- Select two meeting places - one near your home in case of fire, and another that is outside your neighborhood, in case you cannot return home after a disaster.
- Keep important records in a waterproof and fireproof container.
- Include contact information for your doctor(s) and insurance providers and a list of any maintenance medications for each family member.
- Be sure you have written down and included your bank account numbers, insurance account numbers and any other financial or account information.
- **Check school and work emergency plans.** You need to know where your family members will be in the event that an emergency occurs when you are not together.

- You aren't done after you have your plan and kit. You must continue to stay informed to potential and elevated risks. Listen to your local radio and television stations for warnings. .

Although emergencies are scary, remember that being prepared is as easy as 1-2-3...

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If you want to learn more about being prepared, visit www.sedgwickcounty.org. Once there, both the Health Department and Emergency Management Departments have online information about being prepared. Ready.gov is another good resource. You can also call **660-5959 or 660-7436 with questions.**
