

Preparedness Tips



Most of us are prepared for the demands of everyday life. But how many of us are prepared to deal with a disaster? In the event of a disaster, many in the public health workforce could be deployed, so it's important to be prepared, both in our capacity as public health leaders and in our personal lives.

Here are a few basic things you can do for yourself, and teach others, in order to be ready in case of a disaster:

- 1 Stay informed. Knowing about the hazards that may strike your community and the risks you may face could be life saving. Help others stay informed by teaching them about basic emergency preparedness procedures.
- 2 Create a family preparedness plan and emergency supply kit. Your supply kit should include food that does not require refrigeration, water, a battery-powered radio, flashlight, extra batteries, first-aid kit, daily medications, and identification. Your kit should contain enough supplies for at least 10 days and should be kept in a place where all family members can find it.
- 3 Remember and remind people to carry emergency contact names and numbers at all times.
- 4 Keep updated on the latest information on emergency preparedness. Regularly monitor the ADPH website for new information.

Remember that nothing is normal during a disaster. Planning for disaster response though, may make it easier to deal with effectively.

**For more information, visit our Web site:
www.SouthCentralPartnership.org**