

Get Ready!

Be ready for any emergency!



Be ready. Help keep your family safe.

All of us can get ready to take care of some of our own needs for a few days in case of an emergency, such as a flood or snow storm. Police, fire and public health staff will be there to help when a large crisis strikes, but they can't help all people at the same time. Making a **kit** and a **plan** can help you and your family get ready for emergencies.



2007 floods in SE Minnesota

How will I know what to do during an emergency?

Listen to the radio or watch TV to find out what to do. To learn more about how to be ready, visit the Web sites



www.readyanokacounty.us or www.echominnesota.org.



What is a **kit**?
What should I put in my **kit**?

A kit has supplies, like water and food, to help you take care of your family for **at least** three (3) days in case you can't get to a store. Things you and your family need each day should be in your kit. Set aside these things, and keep them in a bag, crate or box in your home. A basic sample kit list is on the back side of this paper.

How do I make a plan?

A plan is choosing what you will do in case of emergency *before* it happens. All people in your family should know about the plan. Write the plan down and give a copy to each person to keep with him or her.



Think About:

- How will you get in touch with each other if a crisis strikes when you are not all at home together?
- What will you do if you are asked to stay home (shelter-in-place)? What is the plan at your job or child's school if this happens?
- What will you do if you are asked to leave your home (evacuate)? If you will need a ride, ask someone for help ahead of time.

Emergency Plan Information

MEETING PLACES:

Near your home (in case of fire) _____

Away from your home (in case you can't get home)

Out-of-town contact _____

MY FAMILY:

NAME _____

_____

NAME _____

_____

NAME _____

_____

NAME _____

_____

NAME _____

_____

Call 911 For Emergencies

Sample Basic Kit



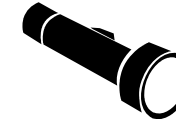
Water– One (1) gallon for each person for each day



Food that does not need to be kept cold, like food in cans or jars



Hand held **Can Opener** that does not need to be plugged in



Flashlight (and extra **Batteries**)



Radio that uses **Batteries** (and extra **Batteries**)



Medicines you take

Anoka County Community Health & Environmental Services,
Disease Prevention & Control
2100 3rd Ave, Anoka, MN 55303
763-422-6965

