



## Fact Sheet

### Get Ready Day – September 15<sup>th</sup>

Emergencies can happen at any time – floods, power outages, lightning strikes, tornadoes, floods – but that doesn't mean families need to live in fear. Taking steps to prepare now will help when emergencies come.

**Have a Plan** – Knowing what to do is an important part of getting ready for emergencies. Talk to family members about what may happen and what each family member should do. Talk about how you will contact each other if you are separated when the emergency occurs. Establish a meeting place near your home if you become separated and your house is unsafe to enter. Identify a person outside of the area that you can all contact if local telephone and cell phone calls can't be made.

**Stock Supplies** – Each family should make plans to care for themselves for three days. That means stocking non-perishable food, a can opener, and bottled water. Each person will need one gallon of water for each day, so a family of four will need to stock 12 gallons of bottled water.

Families should also create an emergency kit with a flashlight, extra batteries, a battery-powered radio, and a first-aid kit. Emergency items like medication, extra diapers or infant formula, eye glasses, cash, and important papers like birth certificates and insurance policies should also be added to the emergency kit.

**Plan for Pets** – Like humans, pets need at least a three-day supply of food and water. Pet food should be stored in airtight, waterproof containers. Include blankets, leashes and other supplies.

Get Ready Day is a campaign from the American Public Health Association. It is held the third Tuesday in September each year to coincide with National Preparedness Month. View additional resources at [www.aphagetready.org](http://www.aphagetready.org).

Learn more by visiting [www.phelpscountyhealth.com](http://www.phelpscountyhealth.com), Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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Phelps/Maries County Health Dept

200 N Main, Suite G51, Rolla, MO 65401

(573) 458-6010 office

[www.phelpscountyhealth.com](http://www.phelpscountyhealth.com)