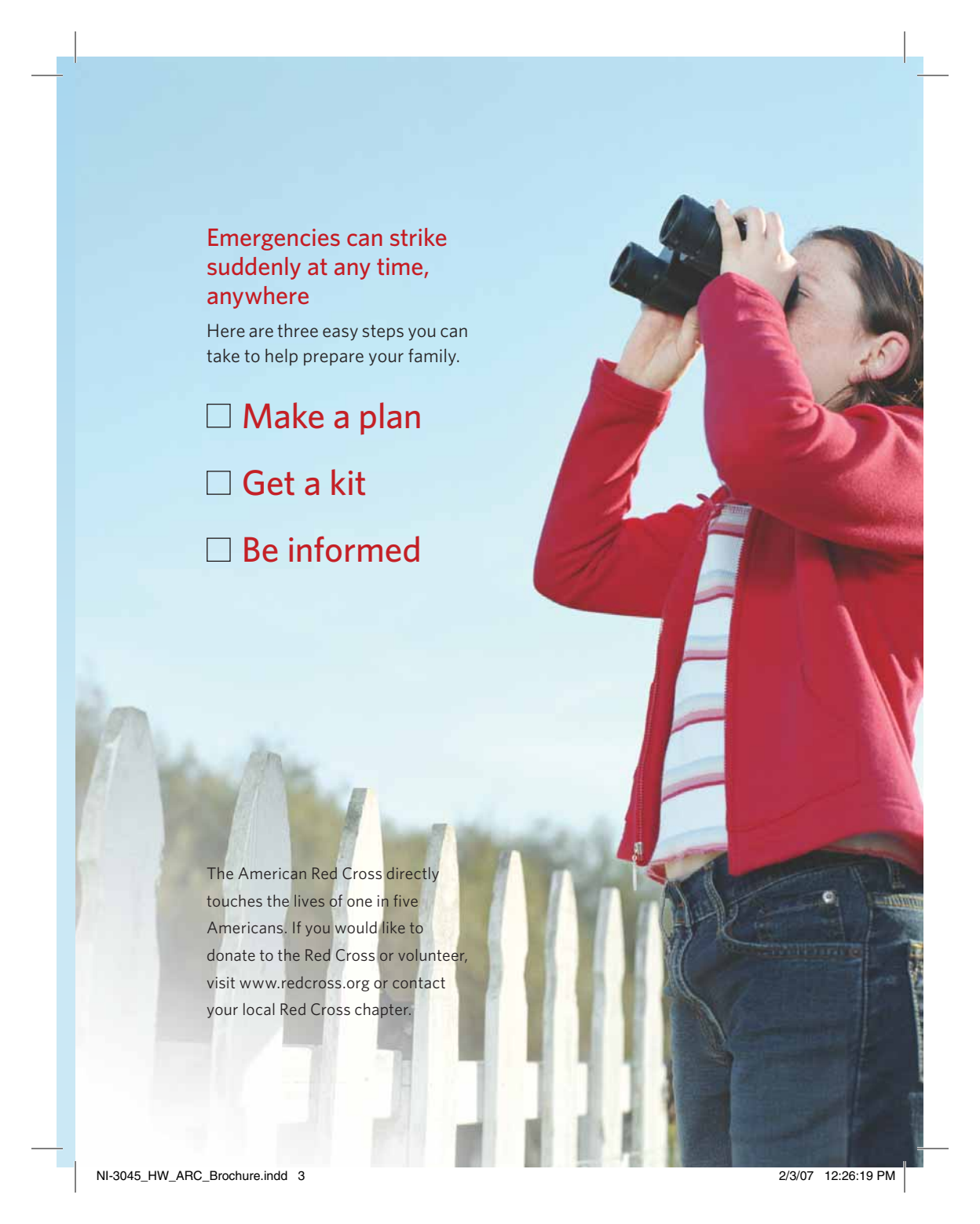


Preparedness: A Family Guide



**American
Red Cross**

Dedicated to a Healthier World™



Emergencies can strike suddenly at any time, anywhere

Here are three easy steps you can take to help prepare your family.

- Make a plan**
- Get a kit**
- Be informed**

The American Red Cross directly touches the lives of one in five Americans. If you would like to donate to the Red Cross or volunteer, visit www.redcross.org or contact your local Red Cross chapter.



Practice evacuating your home twice a year. Drive the route and plan for alternatives in case main roads are blocked.

Make a plan

The best time to plan is right now. Start with the basics: Pick two places to meet, one right outside your home in case of fire and one outside your neighborhood in case you cannot return home.

Ask an out-of-area friend to be your family contact and make sure everyone knows the number. Make sure each adult in your house knows how and when to turn off utilities. Keep a fire extinguisher in your home. If you don't know how to use it, ask the fire department for training. Most important of all, practice your plan at least twice a year.



Emergency contacts

Make sure to tell everyone in your home where the emergency contact information is kept. Make copies for everyone to take with them. Be sure to keep the information updated.

Get a kit

Plan to store enough supplies to last everyone in your household for at least three days.

- 1) **Water.** Have at least one gallon per person per day.
- 2) **Food.** Pack nonperishable, high-protein items, including energy bars, ready-to-eat canned food and food you enjoy.
- 3) **Flashlight.** Include extra batteries.
- 4) **First-aid kit.**
- 5) **Medications.** Prescription and nonprescription.
- 6) **Battery-operated radio.** Include extra batteries.
- 7) **Tools.** Wrench, manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags.
- 8) **Clothing.** Provide a change of clothes for everyone, including hats, sturdy shoes and gloves.
- 9) **Personal items.** Eyeglasses or contact lenses and solution; copies of important papers, including birth certificates.
- 10) **Sanitary supplies.** Toilet paper, feminine supplies, disinfecting bleach.
- 11) **Cash and coins.**
- 12) **Emergency numbers.**
- 13) **Pet supplies.**
- 14) **Map.** Mark evacuation routes on a local area map.



Store your supplies in a sturdy but easy-to-carry container. An overnight backpack will work. Keep a smaller version of the kit in your car.

Be informed

Listen and learn

Understand what emergencies or disasters may occur where you live, work and play. Know where to listen for announcements from local authorities on TV, local radio or NOAA weather stations or channels.

Get trained

The best way to respond to an emergency is to have the training, skills and confidence before it happens. Make sure at least one member of your household is trained in first aid, CPR and how to use an automated external defibrillator (AED). Your local Red Cross chapter has information about classes in first aid and CPR/AED.

Share

Tell your household, family and neighbors what you have learned. Encourage those around you to be informed.

Emergency numbers

Fire department: 9-1-1

Ambulance: 9-1-1

Police department: 9-1-1

Poison control center: (800) 222-1222

Out-of-town contact:

Family number:

Dedicated to a Healthier World™

Clorox has been a long-standing partner with the American Red Cross for generations, donating money and products to help the Red Cross in its disaster relief efforts. This year, Clorox has pledged \$1 million to help the Red Cross continue its lifesaving programs and services — and to raise awareness of the importance of being prepared. Clorox and the Red Cross: Dedicated to a Healthier World™. For more information, visit www.clorox.com/redcross.