

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH



THE TIME IS NOW! BE READY.

**SUNDAY, NOVEMBER 2
IS DAYLIGHT SAVINGS
AND THE DAY TO. . . .**

- Change the batteries in your smoke and carbon monoxide detectors.
- Check your preparedness kit. Are any items expired?
- Review your Preparedness Plan.
- Update your Communications Plan.

TEXT, DON'T TALK!

Unless you are in immediate danger send a text. Texts do not tie up phone lines and often go through when a call will not.

LET THEM KNOW YOU'RE OK!

Call your family contact - it might be easier to reach someone out of town.

FALL BACK



ARE YOU A PREPAREDNESS SUPERHERO?

- Do all family members know their address and phone number?
- Do all family members know when and how to call 911?
- Does your family have a meeting spot outside the home?
- Does your family know who to contact to check in? One in state contact and one out of state contact.
- Do all family members have that number memorized?
- Are emergency numbers posted and easily accessible?
- Have you checked your smoke detector and carbon monoxide detector in the last 6 months?
- Do you have a fire extinguisher? Do all family members know where it is and how to use it?
- Do you have enough supplies to survive a few days if stores shut down? (food, water, diapers)
- Do you have an Emergency Kit prepared? Do you have one in your car?
- Do you have flashlights and extra batteries?
- Have you practiced your plan in the past 6 months?
- Do you know where to go in the case of a tornado?
- Do you have a family communications plan?
- Is your water heater set at 120 degrees F?

14-15 checked Preparedness "Gung-Ho SUPERHERO"!

10-13 checked Preparedness "Quicksilver Dazzler"

5-9 checked Preparedness "Bullseye Rumbler"

1-4 checked Preparedness "Doomsday Frenzy"

0 checked Preparedness "Longshot Misfit"



BEING PREPARED CAN MAKE A DIFFERENCE AND SAVE LIVES!

CALL A FAMILY MEETING AND REVIEW OR MAKE A PLAN!

Visit www.pphd.org and www.ready.gov
for more information.

Panhandle

Public Health District

FAMILY COMMUNICATIONS PLAN

Are you prepared? Emergencies can happen at any time. Do you know how to get in touch with family if you are not together?

Be Ready! Take ten minutes right now to fill out the information below.

Post in your home and share with family members!



DIAL 9-1-1 FOR EMERGENCIES

Home

Phone: _____ Address: _____

Local Contact

Name: _____

Address: _____

Phone: _____

Cell: _____

Out-of-Town Contact

Name: _____

Address: _____

Phone: _____

Cell: _____

Meeting Spot

In your neighborhood:

(like the neighbor's house or a big tree)

Out of your neighborhood:

(such as the library or church)

Family Members

Name: _____

Cell: _____

Name: _____

Cell: _____

Name: _____

Cell: _____

Name: _____

Cell: _____

Name: _____

Cell: _____

Name: _____

Cell: _____

Family Physicians

Name: _____

Phone: _____

Name: _____

Phone: _____

Insurance Agent

Name: _____

Policy Number: _____

Phone: _____

Utilities

Electric Company: _____

Gas Company: _____

Water Company: _____

Poison Control Center: 1-800-356-3232

KNOW THE NUMBERS & WHERE TO GO!

BE A HERO!