



Disaster Preparedness

(From Health Net)

Disaster Preparedness:

- From the hurricane-prone gulf states to the wildfires and earthquakes of the West, we are often reminded that disasters can strike close to home, at any time.
- Fortunately, we can reduce our anxiety and possible loss with preparation.
- Are you disaster-ready? Take a quick inventory...



Disaster Preparation Checklist:

- I have contacted the local office of Emergency Services to find out which disasters are most likely to happen, how residents are warned, and where emergency shelters and temporary medical centers are located.
- I am familiar with disaster plans in my workplace and in my child's school.



Disaster Preparation Checklist:

- I know how and when to shut off gas, water and electricity from the main switches. My family knows how to use the fire extinguisher and where it is kept.
- I know first aid and CPR.
- I have identified the safest spots in my home and two escape routes in each room.



Disaster Preparation Checklist (cont.):

- I have adequate insurance coverage and an inventory of my possessions for insurance purposes.
- My smoke detectors work in every room.
- I keep some cash (enough for 48 to 96 hours) in a safe place at home.



When it comes to disaster-readiness, an ounce of prevention is worth a pound of cure!

- Additional disaster preparation resources
 - Emergency management agencies by state:
 - <http://www.fema.gov/state-offices-and-agencies-emergency-management>
 - What to do before, during and after a disaster:
 - www.ready.gov