

Get Prepared in case of an Emergency

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Emergency preparedness can seem intimidating, and costly, but by taking just three preparedness actions, all Americans can help build their confidence in knowing what to do when disaster strikes and understand that those preparedness actions will make a difference in their recovery from a disaster or emergency. The National Preparedness Month toolkit provides simple, low and no cost



preparedness actions you can take today to be prepared!

- Get informed about what kind of disasters and emergencies occur where you live.
- Sign up for emergency alerts in your area to receive life-saving information.
- Download the FEMA App to receive weather alerts, safety tips and reminders.
- Create an emergency communication plan using FEMA's free [template](#) to record important contact and medical information about your family, which you can share with others. Here are some tips to use when developing your plan:
 - Plan and practice an evacuation route with your family.
 - Ask an out-of-state relative or friend to be the "family contact" in case your family is separated during a flood or other wide-spread event. Make sure everyone in your family knows the name, address, and phone number of this contact person.
 - Plan how you will communicate if you have a communications need.
 - Plan for food, water, and essentials for you and pets or service animals.
 - Plan for your transportation if you need help evacuating.
 - Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit.
 - Plan how you will have your assistive devices with you during an evacuation.
 - Make copies of your home and medical insurance cards.
- Build your emergency supply kit over time. Start with items you may already have in your home, then when you go to the grocery store, pick up an extra item each time that you use regularly, especially if it's on sale!
- Talk with members of your household about where you will go if told to evacuate.
- Store important documents and items like passports, birth certificates, maps, and electronics in a flood-safe place like a high shelf or upper floor in resealable water-tight plastic bags. Store important documents like insurance policies digitally.
- Check online for free or discounted First Aid and CPR courses offered near you.
- Visit www.floodsmart.gov to know your area's level of flood risk.
- Download free preparedness [resources](#).

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