

# EMERGENCY PREPAREDNESS

I have lived in the Houston area for almost 40 years. I have been through many serious storms. During that time I have witnessed the responses to those storms. Some were good and some were not. The attitude of a person during an emergency makes the difference in the outcome. It doesn't matter what kind of emergency you are in. You must **Stop, Look, Listen, Plan and Act!** Your life depends on this. Your family's life depends on this.

If there is time to prepare before a storm, then think about some of these things which are listed below.

**1 KEEP GAS IN YOUR CAR**  
Make sure that all parts of your car are in working order. Keep jumper cables. Also consider purchasing a battery charger & tire inflator.

**2 WATER, FOOD, & SHELTER**  
Fill up your bathtubs with water. If there is time fill containers with water and put them in the freezer. This ice can keep perishable items cool longer. Cook meats from the refrigerator and freezer as soon as possible. Do your best to not waste food or water. The extra water you store can be used for bathing and washing clothes.

**3 COPIES OF IMPORTANT PAPERS**  
Pack your immunization and medical records. As well as any other important documents such as passports and identification cards.

**4 KEEP CASH ON HAND**  
In the event of an emergency there may not be power to use card machines. Cash is always your best option in an emergency situation.

**5 FIRST AID SUPPLIES**  
It is very important to stay clean. You do not want to risk infection. Be sure to have a first aid kit handy.

**6 MEDICATION**  
If you can, be sure to refill prescriptions and over the counter medication in preparation for emergency situations.

**7 GRILL OR CAMP STOVE**  
This is excellent for cooking food as well as keeping warm in cold weather. Try to keep charcoal and matches stored for emergencies.

**8 BATTERY POWERED RADIO**  
A hand cranked or battery powered radio is the best way to stay in the know of emergency updates when our electronic devices are not accessible.





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1. Grill or camp stove
2. Walkie Talkies
3. Knives
4. Matches/Lighter
5. Tool kit
6. Phone Battery charger
7. Jumper cables
8. Tire inflater
9. Duct tape
10. Rope
11. Safety Glasses
12. Scissors
13. Car Battery charger
14. Fire Starter
15. Non Perishable Food
16. Bleach
17. Flash Light
18. Pen & Paper
19. Hammer/Axe
20. Sewing Kit
21. Gloves
22. Batteries
23. Tarp
24. Toothpaste
25. Toothbrushes
26. Hydrogen peroxide
27. Games
28. Over the counter medicine

## **\*Reassure Your Children \***

**Do not lie to them or be anxious.**

**Say something positive like "You don't have to worry. We, or someone we trust, will look after you".**

**Act matter of fact about things. If you can spend a little extra time with your children, that is even better.**

**Stop and playsome games with them.**

**Refer to the appropriate websites for more tips**

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