

Get **Ready**NC



Plan Discuss with your family what to do before, during and after an emergency. The more prepared you are, the better you will be.

- Set a place for family members to meet during emergencies.
- Have an out-of-state contact person for all family members to call.
- Copy important documents like insurance policies, birth certificates, bank statements and social security cards and keep in a safe place.
- Make a plan for your pets.
- Know specific care instructions for older adults or people with intellectual and developmental disabilities.



Prepare Make an emergency supplies kit before a disaster with basic items your family may need in or after an emergency. Be sure everyone knows where the kit is.



Stay Informed ReadyNC.org has lots of information about planning and preparing for emergencies plus what to do during different types of disasters.



Visit **ReadyNC.org** to plan and prepare for disasters, and stay informed when they happen.

BE PREPARED

Items needed for your Emergency Supplies Kit



Water—
one gallon per
person per day
(a week's supply
is better)



Non-perishable
foods, such as
canned goods,
granola bars, nuts,
dried fruit, and cereal



Non-electric
can opener



First aid kit and
medicines



Baby supplies,
toys, books,
games



Food, water,
leash and carrier
for pets



Flashlight,
portable radio,
batteries



Cash and
change



extra pair of
eyeglasses



Extra set of house
and car keys



Change of clothes,
sturdy shoes



Blanket or
sleeping bag



Anti-bacterial
hand wipes or gel



Personal
hygiene items:
toothbrush,
toothpaste,
soap, etc.



Fire extinguisher
ABC-type



Important papers: identification,
insurance, bank information, will, etc.



Cell phone and charger