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.
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