



## SEPTEMBER IS NATIONAL EMERGENCY PREPAREDNESS MONTH

### Here are four key ways to prepare for emergencies:

**Be Informed** – Know what emergencies may occur and stay informed

**Make A Plan** – Plan for your family or your business, before an emergency

**Build a Kit** – Assemble an emergency kit

**Get Involved** – Volunteer opportunities in emergency preparedness and response

### Ideas for your emergency preparedness kit:

- **Water:** Bottled water (one gallon per person/per day for at least three days), water purification tablets
- **Food:** At least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- **Tools and Supplies:** Manual can opener, Radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools
- **Personal Items:** Prescription medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries or supplies for medical equipment, change of clothes, sturdy shoes
- **Pets:** Collar, leash, harness, crate, food, bowls, current photo, license and medical information
- **Documents:** Insurance policies, bank account records, identification cards (IDs), medical information, and other copies of important documents
- **Money:** Extra cash and traveler's checks (ATMs may not work during a power outage)
- **Plastic sheeting, duct tape and scissors:** in case you are told to shelter in place after a nuclear accident.
- **Other Items:** First-aid kit, emergency whistle, waterproof matches/lighter, local area maps, diapers, wipes, formula, and baby food and supplies (if needed)
- **Thinking business:** What if you can't get to your physical location for a few days? How will you stay in touch with each other and clients? How will you ensure minimal revenue loss? What documents do you need an extra copy of? What special ways does *your* business need to prepare to be ready for anything?

*Adapted from Ready.gov*

**C-10 Research and Education Foundation** works to protect public health and the natural environment surrounding Seabrook Station nuclear power plant. Find more resources about living near Seabrook and what it means for you: [c-10.org/living-near-seabrook-station](http://c-10.org/living-near-seabrook-station)