



Prepared People Save Lives: Take Action

You have made your emergency plan; now it is time to take action! Being prepared helps you respond to emergencies. Below are three things you can do to take action:

Sign Up and Stay Connected with Alerts

- ▶ **Alerts can help you stay up to date if there is an emergency in your area. Use resources such as:**
 - Ready.gov for federal-level alerts.
 - The FEMA app for real-time updates.
 - Sign up for your local township or municipality alert systems.
 - **Text Alerts:** Text keywords (like “SHELTER” and your ZIP code to 43362) to receive immediate shelter information.

Pack or Update Your Emergency Kit (Go Bag)

- ▶ **Having a go bag ready can help save time when there is an emergency.** Simply grab the bag and leave your home if you need to.
- ▶ **This bag should be filled with necessary items only, such as:**
 - **Water:** Keep at least one gallon per person.
 - **Food:** Have non-perishable items like protein bars, trail mix, jerky, etc.
 - **Cash and Essentials:** Make sure you have some cash, a battery-powered or hand-crank radio, flashlights with extra batteries, and a first aid kit that includes your medication.
 - **Communications:** Charge extra battery packs and have copies of important documents (IDs, maps, emergency contacts).
 - **Clothing & Supplies:** Pack a change of clothes, rain gear, comfortable shoes, and personal hygiene items.
 - **Car(s):** Always maintain at least half a tank of gas.

Know Your Plan and Build Resilience

- ▶ **Resilience means being able to deal with and quickly recover from a problem.** It allows a person to be flexible when something bad happens.
- ▶ **Be mentally and emotionally prepared, too.** Practice skills to manage stress, build self-confidence, and solve problems.

What can you do now?

- ▶ **Review and Update Your Kit:** Set reminders to check supplies and replace expired items.
- ▶ **Test Your Alert Systems:** Make sure you are receiving all necessary alerts and warnings.
- ▶ **Review and Update Your Personal Emergency Plan:** Talk with your family or support system about anything that may need to be changed. Plan a practice drill.
- ▶ **Engage with Your Community:** Participate in local drills or volunteer programs to practice community disaster response efforts.

Remember to always be informed, make a plan, and take action! Prepared people save lives.

Check out AID in PA's emergency preparedness resource collection for more information:

<https://aidinpa.org/emergency-preparedness/>