



Prepared People Save Lives: Make a Plan

Being prepared means having a plan. Without a plan, responding to emergencies is harder. Having a personal emergency plan today helps make a safer tomorrow!

Decide If You Should Stay or Go

- ▶ **If a disaster strikes, the most important thing is deciding what to do next.** Think about your health needs, if your home has been damaged by the emergency, and how bad the threat really is.
- ▶ **If you stay:**
 - Make sure to stay updated on weather and news alerts.
 - Keep a supply kit/go bag close by just in case.
 - Know where the safest places are in your home, such as the basement, bathroom, or highest level depending on the type of emergency.
- ▶ **If you leave:**
 - Give yourself enough time to travel.
 - Find local shelters or safe areas to go to ahead of time.

Make Your Personal Emergency Plan

- ▶ **Know where you are going/how to get there:** Know your way around your area in case certain roads are closed. Decide if it is safer to stay at home.
- ▶ **Know what to take:** Plan to have essential items you cannot be without. This can be stored at home in a backpack or in your car. Make sure it is light and easy to move.
 - Keep valuable documents in a safe place. Have digital backups of your:
 - ID.
 - Passport.
 - Social Security card.
 - Medical records.
 - Other certificates you may have.
- ▶ **Know who can help:** Reach out to neighbors, local friends, or community members. They can be the first to help in an emergency.
 - You can ask:
 - What their plan is.
 - If they got any news alerts you did not see.
 - If they have extra emergency supplies that you may need.
 - If there is something they need from you.

Practice and Update Your Plan

- ▶ **Practice:** The more you practice, the more you can see what is missing or needs to be changed.
- ▶ **Update your plan regularly:** Doing this will help you keep up with personal changes as well as any changes in your area, such as new routes or road closures.
- ▶ **Ask for help!** Your support system can help you edit your plan to make realistic changes.

What can you do now?

- ▶ Write down your plan so you will not forget anything.
- ▶ Once a year, schedule a family practice drill or discussion.
- ▶ Keep your plan nearby. Make sure everyone in your family has a copy.

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/>