

Week 1: First Aid

Being trained and certified in first aid and CPR is a great way to be prepared in emergencies. This can help make an emergency safer for you and your family. There is enough stress and panic in an emergency without worrying about what to do if you see someone injured and in need of help.

Visit the Red Cross website <https://www.redcrossonlinetraining.org/Distance/Default.aspx>

Many of the courses can be completed online, but to be certified you must go to your local Red Cross (within 30 days of completing your coursework) and attend a skills session with an authorized instructor. You will have to demonstrate what you've learned on a manikin. For any questions, please contact your local Red Cross.



What to add to your emergency kit: Your certification certificates and first aid equipment/kit

Week 2: Children and the Elderly

The Red Cross and FEMA have extensive information on preparing children, the elderly, and those with disabilities for emergencies. If you have friends or loved ones who are elderly or disabled, talk to them about making emergency kits and disaster plans. Make sure to ask if they would like your help in an emergency, don't just assume they need/want it. Check out information on the Red Cross website <http://www.prepare.org/index.htm>

The Red Cross also offers a page written by seniors for seniors on how to prepare for emergencies (special consideration are needed if you are a senior caring for your grandchildren)

<http://www.prepare.org/seniors/seniors.htm>

If you have children, FEMA offers information, including interactive games, to teach your children about emergency preparedness. <http://www.ready.gov/kids/>



What to add to your emergency kit: If you have children, consider adding small games, toys, or puzzles and a favorite doll or stuffed animal in case you are displaced from your home for a while (or have no electricity). If you are caring for someone elderly make sure to have a copy of their medical records and extra medication.

Week 3: Pet kits

For many families pets are an important part of the household. If this is the case for you, it is important to make sure you have your pet prepared for emergencies as well. Making a small pet emergency kit is one helpful step. See http://www.ready.gov/america/toolkit_pets/index.html. The Health Department also has hard copies of pamphlets for pet preparedness. You can pick one up from the Public Health Preparedness (Emergency Preparedness) Division.

If you must evacuate during an emergency, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets. Additionally you should develop a “buddy system” with friends and neighbors to make sure someone is available to care for or evacuate your pet if you are unable to do so.

This and more information is available at <http://www.ready.gov/america/getakit/pets.html>



litter box).

What to add to your emergency kit: An extra small kit for your pet with at least three days worth of food and water, collar with ID tag, any medications you pet needs, a picture of you with your pet (to claim ownership if you are separated), pet carrier, pet sanitation (such as a

Week 4: Supply Checklist

Now that 2010 is coming to a close, we hope that this calendar has been useful and has fully prepared you for any emergency you might encounter. Now is a good time to make sure your emergency kit meets the recommendations set up by national government agencies. The following links offer suggestions of what to have in an emergency kit.

<http://www.ready.gov/america/downloads/checklist.pdf>

[http://www.oes.ca.gov/CEPM2003.nsf/htmlmedia/checklist.pdf/\\$file/checklist.pdf](http://www.oes.ca.gov/CEPM2003.nsf/htmlmedia/checklist.pdf/$file/checklist.pdf)

<http://www.ready.gov/america/getakit/kit-print.html>

http://72hours.org/build_kit.html



What to add to your emergency kit:

Compare your kit to the lists above and add anything that is missing!