Week 1: Family Contacts

Make sure to have home, work, and cell phone numbers for immediate family members in case you get separated. Also, make sure to have an out-of-town contact everyone can call if you are separated. Sometimes during an emergency it is easier to call long-distance than local. Make sure babysitters are aware of your plans and where your emergency contact information is located.

What to add to your emergency kit: Phone numbers for pertinent family members and friends

Week 2: Medical Information

You should have important medical information on hand, such as doctor's numbers and your family doctor's emergency contact line. Additionally, include copies of immunization records, medication each family member takes, and any chronic illnesses in the family. If you or anyone in your household has allergies you will want this information on hand as well. If the worst should happen, rescuers will have your relevant medical information so you can be treated quickly and safely.

Make sure your kit also includes at least a three day supply of any medications household members take. If you have extra pair of eyeglasses or contacts those should be included as well. Note that depending on the emergency contacts might not be as safe to wear as eyeglasses (particularly if there is a radiological, nuclear, chemical or biological emergency).

What to add to your emergency kit: Copies of all relevant medical information for each person in the household, eyeglasses, prescriptions and over the counter medicines your family frequently uses

Week 3: Monroe County Health Department

The Monroe County Health Department will do its best to keep the public informed during any emergency. We will update local media and health professionals according to the protocol for a given situation. Look for press releases and check out our website for new information:

http://www.co.monroe.mi.us/publichealth

What to add to your emergency kit: The Monroe County Health Department website URL and phone number.

Week 4: CDC, FEMA, FDA, USDA

These government agencies are around to inform and protect the public before, during, and after an emergency. Familiarize yourself with their websites and the wealth of information they provide on many health topics as well as emergency preparedness.

http://www.fema.gov/plan/index.shtm

http://cdc.gov/

http://www.fda.gov/

http://www.usda.gov/wps/portal/usdahome

What to add to your emergency kit: The above website addresses and their emergency contact lines (can be found on the website)