

**72**  
HOURS

# ARE YOU READY?

Be prepared to take care of yourself and your family for at least 72 hours.

## KNOW THE RISKS

Take the time to consider what kind of events could impact your community: ice storms, thunderstorms, flooding, power outages, or industrial or transportation accidents. Knowing the risks can help you better prepare.

## MAKE A PLAN

In less than 30 minutes, you and your family can make a plan: discuss where to meet, how to contact one another and what to do in different situations. Write it down and keep it in a safe place.

## GET A KIT

A basic emergency kit should contain the following supplies:

- Water (two litres per person per day)
- Non-perishable food (Canned and dried goods, energy bars, etc. Replace each year.)
- Manual can opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- Candles and matches or lighter
- First aid kit
- Extra cash money (smaller bills and change)
- Spare house and car keys
- A copy of emergency plan and contact information
- Prescription medications
- Special items such as infant formula, equipment for persons with disabilities or food, water and medication for your pets or service animal.



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