

# What Can We Do to Be Red Cross Ready?

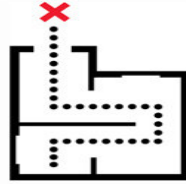
It's easy for anyone to prepare for a disaster and other emergencies by taking three simple actions:

1) Get a kit. 2) Make a plan. 3) Be informed.

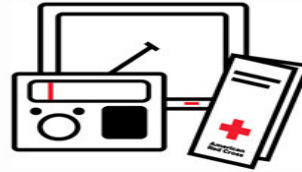
## Be Red Cross Ready



Get a Kit



Make a Plan



Be Informed

### Get a Kit

Families who have a kit will feel empowered to not only help themselves in a disaster or emergency but may also be prepared to help a friend, family member or neighbor in need.

The American Red Cross recommends that your kit should contain enough supplies, like bottled water, nonperishable food, first aid supplies and medications, for each family member for three days. As well as a flashlight, battery operated radio and extra batteries. Remember to check your kit every six months and replace expired items.

Be Red Cross Ready products, like American Red Cross Emergency Preparedness kits or the American Red Cross Emergency Radio by Eton are convenient ways for families to get prepared for a potential disaster. Both products are available at the RedCross.org store or at retailers near you.

### Make a plan

Meet with your family and discuss why you need to prepare for disaster. Explain the dangers of fire, severe weather and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Pick two places to meet: 1. Right outside your home in case of a sudden emergency, like a fire. 2. Outside your neighborhood in case you can't return home. Everyone must know the address and phone number.
- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Write down all of these contact numbers and information on the family emergency contact card

### Be Informed

- Know what may happen and how you can help
- Learn what disasters or emergencies may occur where you live, work and play and how they can affect you, your family and community
- Identify how authorities will notify you and how you will get important information
- Learn what you can do to prepare by contacting your local chapter of the American Red Cross to ask about first aid, CPR and disaster training
- Share what you have learned