

How to Prepare FOR ANY EMERGENCY

If you keep up with the news, it's easy to feel overwhelmed by stories about natural disasters and climate events — hurricanes, wildfires and floods — disrupting people's lives.

All of this is enough to keep you up at night. But instead of worrying, you can take simple steps to ensure your family is ready for anything. Here are some things you can do to help prepare for any emergency.

Get a Backup Source of Power

From lights and electronics to your HVAC system and refrigerator, you need power to keep your home comfortable and safe. Fortunately, there are ways to protect your family from a power outage, including using portable generators that run on gasoline, or by having a standby generator that connects to your home and runs on natural gas or propane.

Create an Emergency Kit

If a weather event or other disaster requires that you hunker down in your home for a while, it pays to prepare with a water-proof container filled with things you will need. According to [Ready.gov](#), it's best to prep your emergency kit with things like:

- One gallon of water per person for several days
- Non-perishable food for 3 days, such as protein bars, nuts and dried fruit
- Flashlights, a battery-powered radio and extra batteries
- First aid kit
- Cell phone charger and backup battery
- Sleeping bag/warm blankets
- Masks, sanitizer and sanitary wipes
- Items unique to your family such as prescription medications, diapers, etc.

You can also create a similar, smaller emergency kit to keep in your vehicle.

Pack a Go Bag

Even if you don't live in a flood, hurricane or wildfire-prone region, there are many reasons you could need to evacuate your home one day, such as nearby gas leaks or train derailments. To ensure your family evacuates safely, fill a "go bag" for every member of the family and store where you can easily grab them — like a closet near your front door or garage.

What goes in your go bag? It's similar to your emergency kit, but needs to be portable and is meant for only short periods. Crucial items may include:

- Waterproof bag with important documents like your passport
- Phone charger
- Good quality masks (important not just for COVID-19 protection, but in case of fire or chemical spill)
- Emergency cash
- List of family phone numbers in case your phone battery dies
- Flashlight and batteries
- First aid kit
- Water bottles and snacks
- Personal items you need, like medications, etc.
- A loud whistle to call attention to first responders

Taking these three steps to prepare your home and your family means you'll be ready and can stay safe during a variety of possible weather emergencies or power outages, giving everyone in your household peace of mind.

