

Emergency Preparedness: Tips for Families

- Make sure your child's school
 has your up-to-date contact
 information, in case school is
 cancelled or closes early. Follow
 your school and the district
 on social media for updated
 information.
- Make a family plan. Decide on a place to meet – one in your neighborhood and one outside your neighborhood – in case you cannot return to your home.
- Put fuel in all vehicles and withdraw some cash from the bank. Gas stations and ATMs may be closed after a hurricane or other weather emergency.
- Be alert to flooded or washed-out roads. Just a few inches of water can float a car. Remember: Turn Around, Don't Drown.
- Plan for your pets. Most evacuation shelters allow service animals only.
- Sign up for alerts from Guilford County Emergency Management at <u>readyguilford.com</u>.
- Track the storm at https://www.nhc.noaa.gov/.

Prepare an emergency supply kit. It should include:

- Water 1 gallon per person per day for 3 to 7 days
- Food non-perishable and canned food supply for 3 to 7 days
 - o Ready-to-eat canned meats, fruits, vegetables and a can opener
 - o Protein or fruit bars
 - o Dry cereal or granola
 - o Peanut butter
 - o Dried fruit
 - o Nuts
 - o Crackers
 - o Canned juices
 - o Non-perishable pasteurized milk
 - o High energy foods
 - o Vitamins
 - o Food for infants
 - o Comfort/stress foods
- Battery-powered or hand crank radio and NOAA Weather Radio with extra batteries
- Cell phone with charger
- · First aid kit and first aid book
- Flashlight and extra batteries
- Manual can opener for food
- Anti-bacterial hand wipes or gel
- Wrench or pliers to turn off utilities
- · Blanket or sleeping bag per person
- Prescription medications and glasses
- Seasonal change of clothing, including sturdy shoes
- Toiletries toothbrush, toothpaste, soap, feminine supplies
- Extra house and car keys
- Important documents insurance policies, identification, bank account records
- Fire extinguisher ABC-type
- · Cash and change
- · Books, games or cards

Source: ReadyGuilford.com, Guilford County Emergency Management