**DISASTERS HAPPEN. PREPARE NOW. LEARN HOW.**

Personal Preparedness Basics:

1. How will I received emergency alerts and warnings?

The NOAA Weather Radio All Hazards, or NWR, is a nationwide network of radio stations broadcasting forecasts, warnings, and emergency information 24 hours a day. All-hazards messages include weather events, technological incidents like chemical spills, AMBER alerts, and national emergencies. NWR also broadcasts EAS (Emergency Alert System) notices.

1. What supplies do I need?

Basic Kit ideas:

* + Non-perishable food and water (1 gallon per person per day) enough for 3 days per person
  + Consider a duffel bag / backpack /suitcase on wheels for portable options
  + Medications
  + Extra change of clothes
  + Blankets
  + Batteries, extra glasses, hearing aids
  + Pet food and supplies
  + Consider a portable “go kit” in your office in case an emergency requires you to evacuate on foot

1. What is my shelter plan?

* How could you shelter in place if needed – for example during severe weather?

Don’t forget to include your children when making your family plan and then practice your plan with all your family members

* Learn the emergency response plan for your children’s school and family member’s place of work and include it in your personal planning

1. What is my evacuation route?

Identify routes, alternate routes and any possible alternate means of transportation in case you need to evacuate

1. What is my family/household communication plan?

* Discuss emergency preparedness with friends and family and have a plan in the event of an emergency
* Designate a single point of contact for all family members
* Designate a long-distance emergency contact to leave messages as local phone lines may be jammed during an emergency
* Program emergency information into your phone, including an emergency contact. Clearly label this person so that a stranger or first responder would know who to call in the event you are unable to communicate
* Stay connected with your community.  Watch the news and connect with local emergency management to have a better understanding of imminent threats or hazards common in your area

Supporting links:

<https://www.ready.gov/september>

<https://nextdoor.com/agency-post/id/ada-county/ada-county-emergency-management-1/sign-up-for-codered-emergency-alerts-41838379/>

<http://public.alertsense.com/signup/?regionid=1132>

<https://www.weather.gov/alerts>

<http://www.acem.org>

Mobile apps:

## Zello

This push-to-talk app allows you to use your phone as a walkie-talkie in the event of communications breakdowns.

## GasBuddy

In the event of an evacuation, commuters may need to find fuel quickly and in unfamiliar areas. This app is designed to help you find the nearest open station.

## Facebook Safety Check

Allows friends and family to know your location and condition when you check in and helps you keep tabs on others in your area.

## Life360

Allows you to set a pre-programmed group text and notify them automatically as you move from place to place.

## ICE Standard

Records vital medical information and puts it on the lock screen of your phone so that first responders and medical personnel can properly assess your condition.

## American Red Cross

This app offers information and resources including disaster preparedness and first aid information. Instructions are available in both English and Spanish and are downloadable in the event of network outages.