

# Be Aware!

## **Be Informed.**

Learn about the hazards that can affect your community, such as extreme heat, flooding and winter storms. Go to [www.bereadyiowa.org](http://www.bereadyiowa.org) for additional information.

## **Pay attention to the news.**

Local radio and television stations provide up-to-date information during an emergency. Investing in a National Oceanic and Atmospheric Administration (NOAA) weather radio is another way to receive weather and other emergency alerts.

**Be Ready Iowa!** ✓

[www.bereadyiowa.org](http://www.bereadyiowa.org)



## **Our Mission**

To support, coordinate and maintain state and local homeland security and emergency management activities in order to establish sustainable communities and assure economic opportunities for Iowa and its citizens.

# Are you Prepared?

*A Guide to  
Emergency Preparedness*



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## When disaster strikes, don't be afraid...Be Ready!

Do you know what to do when disaster strikes? Do you have a plan? Fire, police and emergency medical services may be delayed or unable to respond.

With a plan and a supply kit you can help to protect yourself and your family. Whether it's tornadoes, flooding, winter storms or an act of terrorism, emergencies can occur quickly and without warning. Although we cannot prevent emergencies, we can prepare for them.

### What can you do?

- 1 Build an emergency supply kit.
- 2 Create a family emergency plan.
- 3 Be aware of the hazards that can affect your community.

## When you're ready, Iowa is too!

In the event of an emergency, local officials may advise you to shelter in place or remain indoors to protect yourself. If instructed to shelter in place:

- Go inside immediately
- Take your emergency supply kit with you
- Go to an interior room without windows

### Build an emergency supply kit.

- Water and non-perishable food for each person for 3-5 days
- First-aid kit
- Money
- Battery-operated flashlight and radio and extra batteries
- Extra clothing and bedding (including shoes)
- Personal hygiene items
- Specialty items such as prescription medications, baby formula, diapers and pet supplies
- Plates, cups, utensils and a can opener
- Copies of important documents such as driver's licenses, birth certificates, insurance policies and financial information



After assembling your kit, store it in a place known to all household members. Review the contents of your kit periodically to make sure food and water are fresh, and make sure stored medicines are up to date.



### Create a family communication plan.

Choose an out-of-town friend or relative to be a contact point for family members to call if you are separated during an emergency. Make sure everyone knows how and when to call 911 or local emergency medical services. Post emergency contact phone numbers near telephones.

### Develop a family evacuation plan.

Contact your local emergency management agency to learn about your community's emergency plan, the location of shelters and hospitals, and evacuation routes.

Most shelters do not accept pets. Prepare a list of kennels, friends and family members who may be able to care for your pet in an emergency. If you are able to take your pet to a shelter, the pet must have a current vaccination record, a pet carrier and a supply of food.



### Address special needs.

Make plans now to ensure the needs of someone you know who is elderly or dependent on life-sustaining or health-related equipment such as a ventilator or respirator.