

# THREE DAY EMERGENCY PREPAREDNESS

During disasters, local emergency responders and organizations may be overwhelmed and citizens must accept the responsibility for their own safety and survival. It is highly recommended, by Winston-Salem/Forsyth County Office of Emergency Management, that all personal preparations and plans for emergency situations that may affect you and your family be designed so that they provide the necessities for surviving, without assistance from others, for a period of three days. These plans and preparations could mean the difference between life and death. Keep in mind that utilities may not be available during this period.

## Get informed!

- Know the specific hazards that threaten the Winston-Salem/Forsyth County community.
- Know how local authorities will alert you to a pending disaster.
- Know the disaster plans of your community, schools, childcare centers and places of employment.

## Make a Plan!

- Work with your family, as a team, to review and practice emergency plans and drills.
- Have an out-of-town and a local emergency contact that each family member can call in case of separation.
- Decide where you will meet.
- Ensure that every family member knows the best escape routes out of your home as well as the safe places in your home for each type of disaster.
- Plan for those with disabilities and other special needs.
- Remember to plan for your pets.
- Make sure you have adequate insurance coverage.
- Keep vital records and documents in a safe location.



## Assemble Your Disaster Supply Kits!

- The following is a list of essential supplies for your home and workplace:
  - ✓ Three-day supply of nonperishable food and manual can opener
  - ✓ Three-day supply of water (one gallon of water per person, per day)
  - ✓ Portable, battery powered radio or television, NOAA Weather Radio and extra batteries
  - ✓ Flashlight and extra batteries
  - ✓ First aid kit and manual
  - ✓ Sanitation and hygiene items (hand sanitizer, soap, bleach, moist towelettes, and toilet paper)
  - ✓ Matches in waterproof container
  - ✓ Whistle
  - ✓ Extra clothing and blankets
  - ✓ Kitchen accessories and cooking utensils
  - ✓ Photocopies of identification, insurance policies and credit cards
  - ✓ Cash and coins
  - ✓ Special needs items such as prescription medications, eye glasses, hearing aid batteries, etc.
  - ✓ Items for infants such as formula, diapers, bottles and pacifiers
  - ✓ Seasonal supplies and clothing
  - ✓ Tools, pet supplies, maps and other items to meet your unique family needs
- Supplies for your vehicle(s) include: flashlight, extra batteries, maps, first aid kits and manual, white distress flag, tire repair kit, booster/jumper cables, pump, flares, bottled water and non-perishable foods and seasonal supplies.



## Maintain your plan!

- Review your plan every six months and quiz your family.
- Conduct fire and emergency evacuation drills on a regular basis.
- Restock food supplies by checking expiration dates every six months.



**Knowing what to do is your best protection and your responsibility!**