

1 Get a Kit



2 Make a Plan



3 Be Informed



Preparedness

- **Do you know what to do in the event of an emergency?**
- **Do you want to help make your family and community safer?**
- **Do you want to help save a life?**

Three Actions

1 Get a Kit



2 Make a Plan



3 Be Informed





Get a Kit

A disaster supplies kit should include:

- **Water**



Get a Kit

A disaster supplies kit should include:

- **Water**
- **Food and a manual can opener**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- **Flashlight, alternative powered or extra, fresh batteries**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlight, *alternative powered or extra, fresh batteries*
- **First aid kit**

For more information and to purchase products from the family of Emergency Supplies kits and First Aid kits go to

www.redcross.org



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlights and batteries, or alternative power
- First aid kit
- **Battery-powered or alternative powered radio**
- **Tools**



Get a Kit

A disaster supplies kit should include:

- Water
- Food and a manual can opener
- Flashlights and batteries
- First aid kit
- Battery-powered radio
- Tools
- **Duct tape and plastic sheeting**



Get a Kit

A disaster supplies kit should also include:

- **Clothing and bedding**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- **Pet supplies**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- **Cash and coins**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- **Sanitary supplies**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- Sanitary supplies
- **Important papers**



Get a Kit

A disaster supplies kit should include:

- Clothing and bedding
- Prescription and non-prescription medications
- Pet supplies
- Cash and coins
- Sanitary supplies
- Important papers
- **Contact information and a map**



Get a Kit

Kits are available from the Red Cross to help get you started

Be Red Cross Ready



Get a Kit

Family First Aid kits (Deluxe soft case)



Be Red Cross Ready



Get a Kit

Family First Aid kits (soft case)



Be Red Cross Ready



Get a Kit

Family First Aid kits (hard case)



Be Red Cross Ready



Get a Kit

Personal First Aid kit



Be Red Cross Ready



Get a Kit

Adult 3-day Emergency Preparedness kit



Be Red Cross Ready



Get a Kit

Adult 3-day Emergency Preparedness kit



Be Red Cross Ready



Get a Kit

Deluxe Adult 3-day Emergency Preparedness kit



Be Red Cross Ready



First Aid and Emergency Preparedness

Quick Reference Guide



Be Red Cross Ready

Bites and Stings • Burns • Choking • Drowning
Emergency Preparedness • Heart Attack
Poisoning • Seizures • Shock • Stroke

Get a Kit

The Quick Reference Guide

Be Red Cross Ready



Get a Kit

The Safety Tube



Be Red Cross Ready

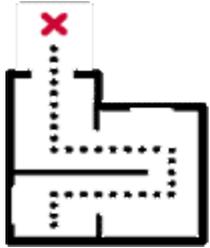


Get a Kit



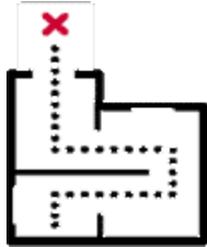
Make a Plan





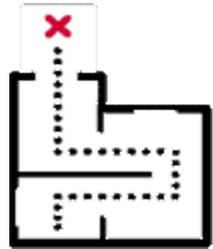
Make a Plan

- **Talk**



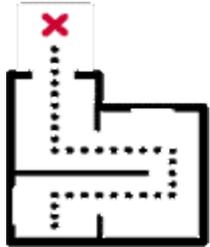
Make a Plan

**Regional Disaster Specific
discussion**



- **Talk**
- **Plan**

Make a Plan



Make a Plan

- Talk
- Plan
- Learn
- Tell
- **Practice**

Be Red Cross Ready



Make a Plan





Red Cross Ready



Make a Plan

Become a regular and frequent blood donor.

How to become a donor:

[Customize by inserting donor information here]

Be Red Cross Ready



Make a Plan

Volunteer



Make a Plan

Volunteer

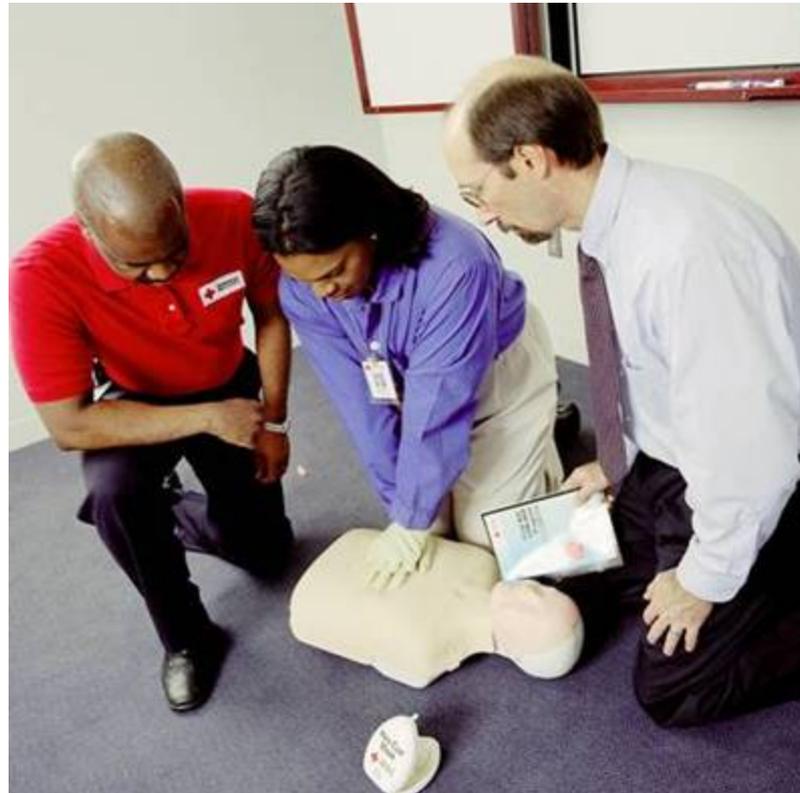
Red Cross volunteer opportunities



[Customize by listing current volunteer opportunities in your field unit.]



Be Informed





Be Informed

Know what may happen and how you can help

Identify how local authorities will notify you

Learn what you can do to prepare

Share what you have learned



The 3 C's

Check-Call-Care

Always use the Emergency Action Steps:

- ✓ **Check** the scene for safety, then check the victim;
- ✓ **Call** 9-1-1, or your local emergency number to get advanced medical help; and
- ✓ **Give care** to the injured person.



Be Informed

[Customize by listing your field unit's training schedule and enrollment information here]

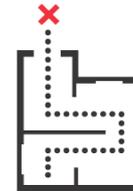
Preparedness

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