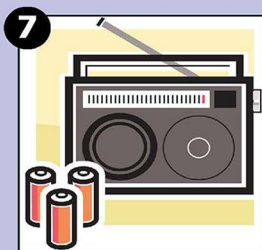


Stormy the Preparedness Kitty wants you to be purr-pared for emergencies!

Make a plan. Build a kit. Learn more at Ready.gov.

Elements of a Basic Emergency Kit



1 WATER: One gallon per person per day for three days.

2 FOOD: Non-perishable items, such as canned or packaged food.

3 CLOTHES: One change of clothes and footwear per person.

4 MEDICATIONS: Three days' worth of prescription medications if needed.

5 FLASHLIGHT: At least one flashlight and extra batteries.

6 CAN OPENER: Manual can opener.

7 RADIO: Battery-powered, solar-powered, or hand crank radio.

8 HYGIENE ITEMS: Items such as soap, toilet paper, a toothbrush, etc.

9 FIRST AID: Basics like antiseptic, bandages, and non-prescription medicine.



PREPARED, NOT SCARED



September is National Preparedness Month



Allegany County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

*A message from the Allegany
County Health Department,
Office of Public Health
Emergency Preparedness*

