

Get **Ready**NC.org

Plan – Discuss with your family what to do before, during and after an emergency. The more prepared you are, the better you will be.

- Set a place where family members know to meet during emergencies.
- Have an out-of-state contact person for all family members to call.
- Copy important documents like insurance policies, birth certificates, bank statements and social security cards and keep in a safe place.
- Make a plan for your pets.
- Know specific care instructions for older adults or people with intellectual and developmental disabilities.

Prepare – Make an emergency supplies kit before a disaster. It's a container of items found in your house your family may need in or after an emergency. You need the basics, and tell your loved ones where the kit is kept.

- Water (1 gallon per person per day), food and supplies in your kit for 3 - 7 days for each person and pet
- Battery-powered or hand crank radio
- Extra clothes & other toiletry items
- Flashlight & extra batteries
- Prescription medications
- Important documents
- Cell phone & charger
- Manual can opener
- First aid kit
- Cash

