



Emergency Preparedness

Food - canned or packaged

Buy extra with every shopping trip even a couple of cans or packaged meals will add up over time. Don't forget your pets! Stock and extra bag of food or cans for them too.

Medication - Prescription and OTC

When the pandemic hit, it became very difficult to find certain over the counter meds. Stock up enough for everyone in the family. Tylenol, Ibuprophen, Benadryl, cold medicine, vitamins, even ask for extra days on your prescriptions.

Supplies - Batteries, flash lights, candles

When the lights go out don't be left in the dark. It's always good to have these on hand. Enough each family member can utilize.

First Aid- Bandages- Triage Kit - Books

When there is an emergency, you'll be glad you are prepared for any accident. Check your local area for life saving CPR classes and first aid. Check your local book store for first aid books to keep on hand for life saving reminders in print. You could save a life!

Water - 1 gallon per person a day

Water is essential for good health. Buy bottled and by the gallons. Try to keep at least 7 days of water on hand at all times for everyone in the family.

Personal Financial Paperwork

Keep personal records in a hand held fire safe for easy access if you need to rush out from a fire or flood.

Cash- Real money

Always keep cash on hand for back up and for an emergency, remember if the power is out so is the ATM.

Fuel- Extra gas for your car or a generator

Don't get stranded. Always keep an extra can of gas around. If the power is out you won't be getting gas from the station.

