



# Prepare for the Unexpected



Emergency situations can happen at any time, making it crucial that you are prepared for the unexpected long before it happens.

## Plan for Possible Emergencies

- Research and prepare for natural disasters common to your area, such as floods, earthquakes or tornadoes
- Create an emergency kit for both your home and car
- Create a home emergency plan with your family and learn how to shut off your utilities
- Be a good participant in emergency drills at work and school by following instructions and paying attention to lessons learned
- Store important phone numbers, including those of family members, with other important documents in a fire-proof safe or safety deposit box
- Learn first aid and CPR for children and adults – check out the NSC First Aid app
- Know how to respond to an active shooter with free NSC training NSC at [nsc.org/communitytraining](http://nsc.org/communitytraining)



## Stock Your Emergency Kits Now

Emergency kits can help you prepare for the worst, but only if they are properly stocked and regularly refreshed.

### Your home emergency kit should be very accessible and contain:

- Food and water for each family member for three days as well as a can opener and nonperishable foods, such as tuna and peanut butter
- Hand-crank or battery-powered flashlight and radio with extra batteries
- Full first aid kit, including hand sanitizer and garbage bags
- Plastic sheeting and duct tape for broken windows or a leaky roof
- Whistle to signal for help so rescuers can locate you

### Your car emergency kit should contain:

- A properly inflated spare tire, wheel wrench, tripod jack and jumper cables
- A tool kit, compass, duct tape and car charger for your cell phone
- A flashlight with extra batteries, a rain poncho and a fire extinguisher
- Reflective triangles and vest, and brightly colored cloth to make your vehicle more visible
- A first aid kit and enough nonperishable food and water for three days
- Cold weather items such as a snow brush, shovel, windshield washer fluid, warm clothing, cat litter for traction and blankets



**1 step for safety:** Change the batteries in your smoke alarms at least once each year. A working smoke alarm cuts your odds of dying in a home fire in half, according to the National Fire Protection Association.



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