



Your MA Conference Disaster Resource and Response Team Reminds You:

Disasters Happen. Prepare Now. Learn How.

September is National Preparedness Month. For New England residents, it is perfect timing as we enter a season that can bring weather surprises.

If a major weather event affects your community adversely, you may need to survive on your own for several days. Being prepared means having enough of your own food, water, and other supplies to last for at least three days. A “disaster supply grab-and-go kit” is a collection of basic items your household may need in the event of an emergency. These items would also include some items unique to your family such as infant formula or a list of prescription medications. Check your kit twice a year — January 1 and July 4 — and replace items that have expired. In your home, keep these supplies in a designated place, and have them ready in a portable container or backpack in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

What if you were at work? Sudden severe weather or a man-made emergency event may require shelter-in-place at work for a few hours or more. Your work kit should include food, water, a communication plan to contact family, and other items unique to your needs stored in a “grab-and-go” backpack or travel bag. Many of us carry an emergency kit in our car for that engine that has stalled or the tire that goes flat. Being stranded in a storm, even a short while, can be uncomfortable on a cold winter day. A car kit with a few extra snacks and blankets can make all the difference!

For more Preparedness Information, please visit:

MACUCC.org/DisasterResource
Ready.gov/September

Your MA Conference Disaster Resource and Response Team Offers You:

A Suggested Basic Checklist



- ◆ Water: one gallon per person, per day
 - * 3-day supply for evacuation
 - * 2-week supply for home
 - * Don't forget to set some water aside for sanitation.
- ◆ Food: non-perishable, easy-to-prepare items
 - * 3-day supply for evacuation
 - * 2-week supply for home
- ◆ Flashlight with extra batteries
- ◆ Battery-powered or hand-crank radio
 - * NOAA weather radio, if possible
- ◆ First-Aid kit
- ◆ Medications (7-day supply) and medical items
- ◆ Multi-purpose tool or wrench/pliers to turn off utilities
- ◆ Sanitation (toilet paper) and personal hygiene items (toothbrush)
- ◆ Copies of personal documents
 - * medication list and pertinent medical information
 - * proof of address
 - * deed or lease to home
 - * passports
 - * birth certificates
 - * insurance policies
- ◆ Cell phone with charger
- ◆ Family and emergency contact information
- ◆ Extra cash

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