

THE FIRST 72 HOURS IS ON YOU



PREPARE TO TAKE CARE OF YOUR FAMILY FOR 72 HOURS AFTER A DISASTER

September is National Preparedness Month.

NKY Health encourages all households to have a family emergency plan and maintain an emergency kit.

HAVE A PLAN

Talk with your family about:

- Where to shelter in the event of a tornado
- What to do in the event of an earthquake
- How to prepare for an ice or snow storm
- How to communicate with all family members when you can't use your cell phone

MAKE A KIT

Many items you need for your kit may already be in your home.

- Keep extra drinks and foods that have extended expiration dates like peanut butter, some cereals, soup, water and Gatorade
- Store extra bandages, hydrogen peroxide, soap and toilet paper
- Keep that old radio, flashlight, batteries and an extra phone charger handy

BE PREPARED. WE'RE COUNTING ON YOU.

Go to <https://www.ready.gov/> to get started.



ARE YOU PREPARED?

Always be ready in case of emergency. Start building your emergency supply kit with items you might already have in your home.



For more items to add to your emergency supply kit, visit: [emergency.cdc.gov](https://www.emergency.cdc.gov)