

## Are You Ready For This?: Disaster Preparedness

A crucial part of emergency preparedness is knowing what to do before, during and after an emergency, as well as knowing what kinds of disasters, natural and man-made, are possible in your area. How will you be informed of a disaster? Know your local emergency broadcast radio and TV stations.

Assembling a survival kit with sufficient amounts of food, water and other supplies is key to preparedness. Just what are sufficient amounts of water and food should disaster occur? How and where should they be stored? And what other supplies should you plan to keep on hand for yourself and each family member in the event of a disaster or emergency?

A survival kit is a collection of essential items you may need to survive when an emergency occurs. FEMA recommends that the quantity of food and water is sufficient to last a minimum of three days.

Because we never know where we'll be when disaster strikes, assembling survival kits for home, work and car is recommended. Lists should be tailored according to your family's needs. Here's a list of essential items to include in your home survival kit:

- Non-perishable food in air-tight containers
- One gallon of water per person, per day
- Battery-powered radio or TV with extra batteries
- Flashlight with batteries
- First aid kit
- Matches in waterproof container
- Blanket or sleeping bag per person
- Extra clothing per person
- Prescriptions, eyeglasses, contact lens solutions, etc.

Kits should be kept in relatively easy to carry containers, as many as you need, and stored in a cool, dry place. Be sure each family member knows where the kit is kept.

Your work survival kit should be in one container with easy access to grab and go. Make sure there's adequate food and water in the kit as well as comfortable walking shoes. Your car survival kit should contain the essentials as well as a first aid kit, jumper cables and flares, and seasonal supplies.

Rethink your needs every year and update your kits accordingly.

Please check T.E.A.M.'s website for more information and resources at: [www.team-mn.com](http://www.team-mn.com) and click on the Work-Life Services tab.

**Total Employee Assistance Management**<sup>®</sup>

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