

# JANUARY 2015

## Emergency Preparedness Pointers

### Do A Good Deed In The New Year

January 19th, 2015 is the National Day of Service. Volunteers all over the United States will be taking part in programs that create stronger bonds and give back to the community. A New Year's resolution to do something good for someone else is always a great thing. A new year is always full of new possibilities, but here are some tried and true ways to do good and improve both personal and community preparedness.



### It's Time To Rotate and Donate



It's a new year, so it's time to go through the 72 hour Kit and refresh its supplies. A well stocked kit can be a life saver in a disaster and some of the items that should be rotated out of the kit can be a life saver today. Consider donating the following goods:

- \* Canned or box food supplies that are within their expiration date.
- \* Bottled water that is within its expiration date.
- \* Gently used cold weather clothing that no longer fits.
- \* Spare blankets/sleeping bags.



These items are always in need this time of year by charities and food banks within the community.



### Donate Life



Since 1970, January is also celebrated as National Blood Donor Month. This time of year is especially challenging for blood drives as the weather can shut down some collections and cold and flu season can keep people from donating. Here are a few reasons to roll up a sleeve and help:

- + Every two seconds someone in the U.S. needs blood.
- + More than 41,000 blood donations are needed every day.
- + The blood used in an emergency is already on the shelves before the event occurs.
- + While an estimated 38% of the U.S. population is eligible to donate, less than 10% actually do each year.
- + Blood cannot be manufactured – it can only come from generous donors.

People that are eligible to donate are needed everyday, not just after a disaster. Please consider participating in this critical, life saving effort. To find a nearby blood donation opportunity go to:

<http://www.redcrossblood.org/rcbmobile/drive/driveSearch.jsp>

### Don't Be Left Out In The Cold

If members of a household need to suddenly evacuate the home because of a fire or gas leak, they should have a designated meeting place outside where everyone can gather quickly. It should be a safe distance from the house. Examples of places could be a mailbox on the edge of the property or the tree across the street. These are both good choices except when there is snow on the ground and the temperatures are in the single digits. If everyone left the house in haste, they may not be dressed warm enough for the weather. This would be a great time to be able to seek shelter in a neighbor's home. Before a crisis happens, talk with neighbors about how you can help each other during an emergency. Consider doing a few things now that can help strengthen those relationships. Here are some "good deeds" you can do for a neighbor today.

- \* Shovel snow from a driveway/walkway
- \* Take food to a homebound neighbor
- \* Pet sit for a neighbor that is away
- \* Provide a ride or run an errand

*"No act of kindness, no matter how small, is ever wasted." - Aesop*



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