

EMERGENCY PREPAREDNESS POINTER

JANUARY 2019

Rotate and Donate

With the start of the new year, now is a good time to review your 72 hour kits and personal preparedness. A well supplied kit can be a life saver in a disaster. Some of the items that need to be rotated out can be donated.

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

Know Your Neighbor

If you do not know your neighbors, the New Year is a good time to stop by and introduce yourself. Almost half of all individuals expect to need a great amount of assistance from neighbors within the first 72 hours after a disaster. Creating a strong sense of community can help keep a neighborhood more secure and resilient to disasters. When neighbors come together to help each other before, during, and after a disaster, the needs of everyone can most often be met.



Preparedness for Kids

The start of the new year is also a good time to review preparedness actions with your children. Having children participate in the family's recovery activities will build their confidence and help them feel that their life will return to normal. Take time now to meet with your children and teach them the following things:

- ⇒ What smoke detectors and fire alarms sound like.
- ⇒ Explain how and when to call for help. Post emergency phone numbers and teach your children how to call 911.
- ⇒ Help your children memorize important family information. They should know their family name, address, phone number, and where to meet in case of an emergency. If they are too young, they should carry a small index card that lists emergency information to give to an adult.

Examine the Medical Supplies

First aid supplies require rotation. Expired prescription drugs need to be dropped off at one of the pharmaceutical drop boxes located within the Ada County Sheriff's Office, Boise Police, or Garden City Police Departments. Ensure all your sterile first aid supplies are undamaged and properly sealed. Replace them as needed.

