

# The River Bend

SEPTEMBER 2014

## September is National Preparedness Month

Is your family prepared? Do you have a plan for emergencies? It may sound scary but having a disaster plan is important. Planning for a disaster means knowing what to do in each possible situation. Whether you have to evacuate your home or you need to shelter in place, it's important to have a plan ahead of time.

Before creating your disaster plan, it's important to know what types of emergencies are likely in your area and the best way to respond. For example, if tornadoes are common in your area, does your family know what the warning signs are and where to take shelter?

Because different disasters may require you to go to different places, make sure you identify a meeting place in your neighborhood, a meeting place just outside your neighborhood, and a meeting place out of town. Review these plans with all members of your family and don't

forget to consider what you would do with your pets who may not be allowed in emergency shelters.

### Additional Tip:

- Learn about your community's warning signals. What do they sound like and what you should do when you hear them?
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster. For example, during an earthquake you would want to practice "drop, cover, and hold on" under a sturdy desk or table. During a torna-

do, you would want to seek shelter in a lower level room without windows.

- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- Teach each family member how to use the fire extinguisher, and show them where it's kept.
- Practice your plan by quizzing your kids periodically and conduct fire and other emergency drills.

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# September 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	<p><b>1</b> Office Closed Happy Labor Day!</p>	<p><b>2</b> Rent Due Bug Day 1,2,4,5 b Orientation Class 9:00 am- 12:00</p>	<p><b>3</b> Orientation Class 1:00 pm- 4:00 pm</p>	<p><b>4</b> Orientation Class 6:00 pm-9:00 pm</p>	<p><b>5</b></p>	<p><b>6</b> Orientation Class 9:00 am- 12:00 pm</p>
<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b> 10% Late Fee Bug Day 3,5a,14</p>	<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b></p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b> Bug Day 11</p>	<p><b>17</b></p>	<p><b>18</b></p>	<p><b>19</b></p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b> Last Day to Pay Bug Day Carthage &amp; South Carthage</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b></p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>				

# Create an Emergency Kit

An emergency supply kit is a collection of basic items that you might need during an emergency. It's good to involve whoever is going to use the kit, including children, in assembling it.

**Assemble the following items** to create kits to use at your home, office, school and/or in a vehicle:

- Water—one gallon per person, per day
- Food—nonperishable, easy-to-prepare items
- Flashlight
- Battery powered or hand crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply), other medical supplies, and medical paperwork (e.g., medication list and pertinent medical information)
- Multipurpose tool (e.g., Swiss army knife)
- Sanitation and personal hygiene items
- Copies of personal documents (e.g., proof of address, deed/lease to home, passports, birth certificates, and insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Extra set of car keys and house keys
- Manual Can Opener

## Special Needs

You may need some additional supplies to meet the needs of all family members, such as children, pets, and those with special medical requirements. Suggested items to help meet additional needs are:

- Medical supplies (e.g., hearing aids with extra batteries, glasses, contact lenses, syringes, or a cane)
- Baby supplies (e.g., bottles, formula, baby food, and diapers)
- Games and activities for children
- Pet supplies

Once you've gathered your supplies, pack the items in easy-to-carry containers, clearly label the containers, and store them where they are easily accessible. In a disaster situation, you may need access to your emergency supply kit quickly - whether you are sheltering at home or evacuating. Make sure to check expiration dates on food, water, and batteries throughout the year.

We can keep supplies that will help us if a disaster happens. Put together a disaster supplies kit today!



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