Preparedness Resource Guide

In honor of National Preparedness Month, FEMA Region 3 encourages you to take simple steps today that will help keep you and your loved ones safe in an emergency.

Know Your Risk

Learn how to prepare for some of the most common disaster hazards in our region.

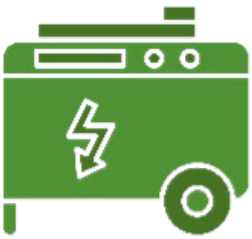
Extreme Heat (ready.gov/heat)

- Learn to recognize the signs of heat illness at ready.gov/heat#illness such as dizziness, shortness of breath, and dehydration. Do not rely on a fan as your primary cooling device since they do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area by calling 211.
- Cover windows with drapes or shades. Weather-strip doors and windows. Use window reflectors specifically designed to reflect heat back outside. Add insulation to keep the heat out and use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air.

- Install window air conditioners and insulate around them. If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) at www.benefits.gov/benefit/623 for help.

Power Outage (ready.gov/power-outages)

- Take an inventory of the items you need that rely on electricity and have alternatives ready like batteries, power banks and flashlights.
- Determine whether your home phone will work in a power outage and how long battery backup will last. Generators should only be used outside the home.
- Prepare your home to keep out the cold with insulation, caulking and weather stripping. Keep pipes from freezing by running the furnace at 55°F or higher. In case of emergency or leaving for an extended time drain the pipes and shut off the main water valve.



Fire (ready.gov/home-fires).

- Install and test smoke alarms and carbon monoxide detectors with battery backups.

Hurricanes & Floods

- Visit FEMA's Flood Map Service Center to know types of flood risk in your area. Visit Know your Zone to learn more about the risk of hurricanes and how to evacuate if necessary.
- You can download the FEMA App to get alerts about dangerous weather conditions for up to five different U.S. locations **in your language**.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Make a plan for your household, including your pets, so that you and your family know what to do, where to go, and what you will need to protect yourselves from flooding.

- Learn and practice evacuation routes, shelter plans, and flash flood response.
- Gather supplies, including non-perishable foods, cleaning supplies, and water for several days, in case you must leave immediately or if services are cut off in your area.
- Do not drive around barricades or through a flooded road (considered more than 6 inches of water).

Ready.gov is here to help:

- Ready.gov/ready-your-language has more materials and resources to help you prepare for your situation and support your loved ones in doing the same.
- Ready.gov/kids has games that help the whole family prepare.
- For people with disabilities and their support networks, it is important to consider individual circumstances and needs before a disaster occurs. Learn more at: Ready.gov/disability and Ready.gov/caregivers.
- Ready.gov/older-adults has resources that empower older adults to plan for an emergency and manage support.

Have What You Need

Having enough food, water and medicine can help you prevent injury and stay safe and comfortable until help arrives. Consider any special supplies you may need to take care of small children, pets, older adults, or people with a disability. Visit ready.gov/kit for a list of basic supplies for everyone in your home – including your pets – to be prepared when an emergency or disaster happens.

Safeguard Important Documents
(https://go.dhs.gov/3tX)

- Keep important documents in a waterproof container. Create password-protected digital copies.
- The EFFAK helps individuals and families organize critical financial, medical, and household information. It includes a checklist of important documents and forms to compile your relevant information:
  1. Household Information & Contacts 2. Financial and Legal Documentation 3. Medical Information

Protect Your Property

- Purchase or renew a flood insurance policy. Homeowner's insurance policies do not cover flooding. It typically takes up to 30 days for a policy to go into effect so buy is well before a disaster. Get flood coverage under the National Flood Insurance Program (NFIP).
- Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump.
- Before a disaster happens, you should know where you, your family and your pets will go if you are told to evacuate. This could be a friend or relative's house, a community shelter in your neighborhood, or a hotel in another town. It's important to remember public shelters and many hotels allow only service animals.
  - Search for open shelters by texting SHELTER and your ZIP code to 43362. Example: Shelter 01234 (standard rates apply).
  - Learn more by visiting: disasterassistance.gov/
- When deciding to stay or evacuate, always pay attention to directions from your local police, fire department or elected officials.
- If you have a car, keep gas in the tank in case you need to evacuate unexpectedly. Gas stations may be closed during emergencies and unable to pump gas during power outages. Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave if needed. Decide with family, friends or your local emergency management office to see what resources may be available.

Practice Your Emergency Plan with Help from Ready.gov/plan

Communication Plan Card
Household Phone:
Household Address:
Family Members:
Emergency Plans:
Emergency Contacts:
Emergency Meeting Places:
Medical Information:
Poison Control: 1-800-222-1222
Doctor/Pediatrician Name:
Doctor/Pediatrician Phone:
Allergy information and prescriptions:
Assistive device make(s) and model(s):
Veterinarian Name:
Veterinarian Number:
Additional Information: