



STORM PREPAREDNESS



PREPARE – DON'T PANIC

You've got better things to do when a storm is coming than wait in line for milk. You don't have to spend a lot of time or money to prepare for a storm – just assemble, supplement and rotate the supplies you already have by following the checklist below:

HAVE PLENTY OF FOOD

- ✓ Keep a 3- to 5-day supply of ready-to-eat foods for you and your pets.
- ✓ Keep a 3- to 5-day supply of drinking water in plastic bottles. Plan on at least 1 gallon of water per person, per day.
- ✓ Store a manual can opener with the non-perishable food.
- ✓ Conserve water by using paper plates and plastic utensils.
- ✓ Have a camp stove or outdoor grill for cooking.

STAY IN TOUCH

- ✓ A battery-operated radio will inform and entertain. Purchase a low-cost weather radio that broadcasts weather conditions in the immediate area.
- ✓ Have one non-portable phone that will work even if power is interrupted.
- ✓ Plan where to meet and how to communicate with family members if separated.
- ✓ Keep essential family member contact information near your phone, in your wallet, and in your glove compartment.

STAY HAPPY, HEALTHY AND WARM

- ✓ Coordinate with neighbors for care of the elderly and disabled living alone.
- ✓ Maintain a supply of prescription and nonprescription drugs and vitamins.
- ✓ Playing cards, books, drawing and writing supplies, and board games help pass the time. If you have a video camera and tapes, your family can make a storm documentary.
- ✓ Keep sanitary and personal hygiene supplies replenished. Pre-moistened cleansing towelettes are useful and help conserve water.
- ✓ Use plastic trash bags and ties for garbage.
- ✓ Put first-aid kits in your home and car.
- ✓ Make sure you have cold weather clothing, foul weather gear, blankets and sleeping bags.
- ✓ Consider purchasing alternative UL-approved heating devices. For example, a fireplace insert or woodstove will keep the heat in your home instead of up the chimney.
- ✓ Use flashlights and other battery-operated lighting instead of candles.
- ✓ Keep fire extinguishers fully charged.

KEEP THINGS GOING

- ✓ Keep plenty of gas in your car.
- ✓ Keep extra batteries, matches, propane, charcoal and firewood.

THE CO-OP WAY

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