



How Prepared Are You?

Answer the following questions

1. Do you know how to turn off your utilities (water, gas, electric) if need be?
2. Do you have all your emergency contacts written down in one place, or stored in your cell phone?
(Contact info for family, doctors, insurance, and your child or children's school).
3. Do you have an ICE (In Case of Emergency) contact person stored in your phone?
4. Do you have an emergency supply kit stored in your home? *Basic contents like flashlight, extra batteries, cash, 1st aid kit, bottled water, non-perishable food, can opener, medicine, etc.*
5. Do you have working smoke alarms in your home?
6. Do you have a car or other portable cell phone charger you can use if the electric goes out?
7. Have you identified a family meeting place in case of a fire or other emergency?
8. Have you identified an Out-of-State family or friend as a designated emergency contact?
9. Do you keep extra medicines on hand in case of an emergency?
10. Are you familiar with your local emergency alert systems— how you will be notified?
11. Do you have a an emergency kit that you keep in your car?
12. If you have children, have you taught them how and when to use 9-1-1?
13. If you have pets, do you have emergency supplies for your pets?

I pledge to take **ONE ACTION** this week to be better prepared: _____
(Signature)

For more information on preparing for emergencies, visit www.Ready.wv.gov
WV211 (Social Services Help Line): www.wv211.org
WV511 (WV traffic information): www.wv511.org