



## 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? (Contact information for your 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 in your home?
5. If you have pets, do you have emergency supplies for your pets? *If you don't have pets, circle N/A.*
6. Do you have extra bottled water stored in case of an emergency?
7. Do you have extra non-refrigerated food on hand in case the water or electric goes out? *Like canned, boxed or dry foods (peanut butter, crackers, snack bars) and pre-made infant formula.*
8. Have you taught your child or children how to use 9-1-1?
9. Do you know about WV211?
10. Do you have a car or other portable cell phone charger you can use if the electric goes out?
11. Have you identified a family meeting place in case of fire or other emergency?
12. Do you keep extra medicines on hand in case of an emergency?
13. Are you able to save extra cash to have on hand in case of an emergency?

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