



HOW TO PLAN FOR AN EMERGENCY

At home, school, work, and even in our cars, we need to know what to do in an emergency. We need to know where to go in an emergency. The Missouri Department of Health and Senior Services developed a program called **Ready in 3**. It is an easy way to prepare for an emergency.

Ready in 3 includes three steps:

1. **Create a plan** for you, your family, and your business
2. **Prepare a kit** for home, car, and work
3. **Listen for information** about what to do and where to go during an actual emergency

1. Create a plan for you, your family, and your business. No one knows when an emergency will happen. You may not be at home. Your family may not be together. Some things to keep in mind:

- **Develop an emergency plan for the family.** Your family might not be together when an emergency happens. That's why it is important to have a plan in place. The entire family should know and understand the plan. In case you and your family are separated during an emergency, consider contacting the same friend or family member. That person can help connect separated family members.
- **Plan for two situations – staying home or having to leave.** You should be prepared for two things, to stay in one place (like your house) or to evacuate. Deciding whether it is best to stay or go depends on the type of emergency. Officials may make the decision for you.
- **Know where to go if you have to leave.** Sometimes it may not be safe to stay in your home. Plan where family members can meet. Know where you will go and how you will get there.

2. Prepare a kit for home, car, and work. If an emergency happens, you might not be able to get food or water for days or weeks. And, your electricity may not be working. You should have an emergency kit in your home. Smaller emergency kits should be kept in your car and at your workplace.

- **Basic supplies for your kit include:**
 - Water and canned or dried food
 - Battery-powered radio
 - Flashlight
 - Extra batteries for the radio and flashlight
 - Prescription medicine
 - First-aid kit

Ready in 3 is an emergency-preparedness program for Missouri. The Missouri Department of Health and Senior Services sponsors the program. **Ready in 3** aims to help residents and communities prepare for many types of emergencies from tornadoes to terrorism. For more information, visit www.dhss.mo.gov.

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- Try to have three days worth of food for each person in your plan. Fresh water is also very important. You should have one gallon of water for each person for at least three days. If you have the room, you should store additional water supplies for each person.
- Keep your emergency supplies in a waterproof container that can be easily carried in case you have to leave home. You could use a large bag, plastic container, or a trash can with a lid.

3. Listen for information about what to do and where to go during an actual emergency. It is important to stay calm in an emergency. Get as much information about the situation as possible by listening to the radio or TV for news. But, in some emergencies, the electricity may go out. Make sure to have a battery-powered radio with extra batteries.

City, county, and state officials have developed emergency plans. During an emergency, it is important to follow their directions and advice. They will provide you with the latest information.

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WHAT TO DO DURING AN EMERGENCY

During an emergency, remember that city, county, and state officials have developed emergency plans. But you are responsible for your own safety, even during an emergency. If you've already created your own family emergency plan, make sure you follow it. Also, remember these four key things:

Stop. Listen for instruction as to what to do.

- Listen to the radio, TV, or local emergency-alert system.
- In an emergency, local authorities may not be able to provide information right away. Be patient and wait for directions.

Listen before you act.

- Continue to listen to a radio, television, or emergency-alert system for instructions. Have a battery-powered radio available. Officials may tell you what to do.
- If you are told to evacuate, remember to wear protective clothing and sturdy shoes. Use travel routes provided by local authorities – don't use shortcuts because certain areas may be closed or dangerous.
- If you are told to stay in place, continue to listen for further directions.

Remember your emergency plan and emergency supply kit.

- After you receive direction from officials, follow the steps in your emergency plan.
- Take your emergency kit. The kit should include: a battery-powered radio and flashlight, extra batteries, first-aid kit, water, food, and a change of clothing. If needed, you should also include baby supplies, medical devices or prescription medicine, and eyeglasses or contact lens supplies.
- Check on neighbors, especially senior citizens and disabled persons. If you are a senior citizen or a disabled person, follow your emergency plan or follow the instructions given by officials to get help in an emergency.

Remain calm.

- It is important to stay calm in an emergency. Get as much information about the situation as possible by watching TV, listening to the radio, or using the Internet for news.

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WHAT TO DO AFTER AN EMERGENCY

It is important to stay calm during and after an emergency. After an emergency happens, get as much information about the situation as possible by watching TV, listening to the radio, or using the Internet for news.

Deciding whether it is best to stay in your home or go somewhere else depends on the type of emergency. Government officials may tell you what you need to do. In some cases, limited information may require you to decide on your own what is best for you and your family.

During the Days Following a Disaster:

Continue to listen to a radio, television, or emergency-alert system for directions.

If you are forced to stay in your home for several days:

- First, eat the foods that are in the refrigerator, the ones that could spoil fastest.
- Next, eat what is inside the freezer.
- Eat dried or canned foods last.
- Eat food supplies in your emergency kit, remember these supplies should last for three days.

If your emergency kit supplies run low:

- Continue to drink the amount of water you need.
- Try to decrease the amount of water you need by staying calm and being in a cool place.

If your water runs low and you must find additional water, try to:

- Visit distribution sites for bottled water from disaster relief agencies.
- Listen for information from local public health agencies on water treatment methods.

If your food supplies start to run out:

- Try to eat one balanced meal each day.

The most important thing you can do is listen for information and stay calm. City, county, and state officials have developed emergency plans. After an emergency, it is important to continue following their directions and advice. They will provide you with the latest information. By staying calm, you will help make sure you and your family are safe.

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