

EMERGENCY preparedness

Step 1: Plan Ahead

Support Circle: Make a list of people who can help you during an emergency.

- Include contact information for family, friends, neighbors, providers, faith-based groups, and community groups.
- Contact these people to discuss how you will support each other during an emergency. Tell them where you keep supplies.
- If you are able to, give a key to your home to a trusted person.

Medical needs: If you take medication or use medical supplies on a daily basis, make sure you have enough supplies for 7 days.

- Refill prescriptions for medications you may need during or after the storm.
- Make sure medical devices and supplies are working properly.
- Have batteries and supplies to last 7 days.
- If you have a support or service animal, make sure you have enough food and supplies.

Emergency Supply Kit: Build a kit for 7 days. This will help if you lose power in your home.

- 1 gallon of water (per person per day), non-perishable food, and pet supplies
- medications, medical equipment, medical supplies, and a first aid kit
- flashlights, battery powered weather radio, and extra batteries
- a whistle to signal for help if trapped
- cash and photo identification

Evacuation bag: Put together a bag of important items for all members of the family. This will help prepare you if you need to leave your home quickly.

- Medical supplies: pack your medications, medical equipment and supplies, copies of prescriptions and doctor orders, insurance cards, medical ID cards, eyeglasses, hearing devices, and any other items that help you day-to-day.
- Pets: if you have pets, make sure you have enough food and supplies to bring with you and the pet.
- Paperwork: your photo identification or driver's license and contact information for providers and supporting friends and family.
- Other supplies: clothing, toiletries, a cell phone, charging cords for electronic devices, and any necessary items to be away for a few days.

Evacuation plan: Know the routes you should take if you need to leave your home, also known as your local evacuation route(s).

- Make a list of where you can go – shelters, family, and friend's homes.
- Have a plan for how you will get to a safe place – using your vehicle or having someone transport you.
- Make sure your vehicle has fuel and is in good working condition.
- If you have a pet, make sure you are able to travel with the pet.

Step 2: If you are evacuated

If your area has been asked to evacuate, it is important to leave calmly and quickly. Alerts about an evacuation in your area may be announced:

- Through a Wireless Emergency Alert sent to your mobile phone – make sure your phone has Wireless Emergency Alerts enabled in your settings.
- In the news by local radio and TV news stations.
- On the ReadyNC website (www.readync.org) or ReadyNC mobile app.
- On the ReadyNC Twitter @NCEmergency and Facebook page (facebook.com/NCEmergency).
- On your local town and county's website and social media accounts.
- By your local town or county's alert system using phone, text, and/or email messaging.

Before leaving your home, look over this list:

- Pack your medications, medical devices, and medical supplies.
- Grab your evacuation bag and any emergency kit items that you may need.
- Unplug your electronics and turn off your utilities if local authorities have asked you to.
- If you are able to, board up your windows, clear your drains and gutters, and move outdoor objects to inside can help reduce damage to your home.
- Visit DriveNC.gov for traffic conditions statewide. Real-time traffic, weather and preparedness information is also available via the ReadyNC mobile app, available for free for iPhones and Android devices.

Step 3: Stay informed

Make sure you have a way to receive warnings.

- A NOAA weather radio and a storm weather mobile app on your phone can help with listening or finding updates.
- Sign up for alerts and emergency notifications from your town and/or county.
- Download the ReadyNC mobile app on your iPhone or Android phone.
- Follow ReadyNC on Twitter @NCEmergency and Facebook: [facebook.com/NCEmergency](https://www.facebook.com/NCEmergency).
- Follow your local town or county social media accounts.
- Information on public safety can be found on the NC Department of Safety website www.ncdps.gov, Twitter @NCPublicSafety, and Facebook: [facebook.com/NCPublicSafety](https://www.facebook.com/NCPublicSafety).
- Information from North Carolina Emergency Management can be found on the website www.readync.org, Twitter @NCEmergency, and Facebook: [facebook.com/NCEmergency](https://www.facebook.com/NCEmergency)