



Now's the Time.

Resolve to be READY
in 2012



For many, the New Year is a time for making resolutions and goals for the year to come. Spending more time with the family, losing ten pounds, exercising more and reducing debt are resolutions that appear on many of our lists, but the Federal Emergency Management Agency's (FEMA) *Ready Campaign* is asking you to *Resolve to be Ready* by making an emergency preparedness resolution.

The *Ready Campaign* would like to make an emergency preparedness resolution easy to keep by providing the tools and resources needed to take the four important steps: learn your risks, make a plan, build a kit, and get involved.

Keeping New Year's resolutions can be hard, but emergency preparedness is one resolution that can be easy to keep *Ready's* four simple steps. The Kings County Public Health Emergency Preparedness program wants to encourage you to make a resolution that is both important and easy to keep: prepare for emergencies by making a plan, building a kit and staying informed.

1. Be informed about the different types of emergencies that can happen in your area and their appropriate responses.

Learn about the hazards that may strike your community, the risks you face from these hazards and your community's plans for warning and evacuation. You can obtain this information by visiting <http://www.ready.gov/be-informed>.

2. Create a family emergency plan.

Your family may not be together when an emergency happens, so it is important to plan in advance. Think about how you will contact one another, how will you get back together, and what you will do in different situations. You can download a family emergency plan template form by visiting <http://www.ready.gov/make-a-plan>.

3. Put together an emergency supply kit.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days, or even a week or longer. To find a complete checklist of supplies your household may need in the event of an emergency, visit <http://www.ready.gov/build-a-kit>.

4. Get involved in emergency preparedness.

Contact your local chapter of the American Red Cross at www.ARCcentralvalley.org for local disaster preparedness and response service opportunities.

Free preparedness resources, such as a Family Emergency Plan template and an Emergency Supply Kit Checklist are just a click away at and can be found on <http://www.ready.gov> and for Spanish, <http://www.Listo.gov>. The *Ready* website also has a special section for kids, ages 8-12 (*Ready Kids*) and for owner-operators of small-to-medium-sized businesses (*Ready Business*).

Emergencies will happen, but taking action now can help us all to minimize the impact they will have on our lives. Preparedness is contagious. What starts with one family can spread throughout a neighborhood, and every prepared community frees up emergency responders to take care of those who are in dire need. Preparedness is a shared responsibility and everyone has a role. So take the time and ***Resolve to be Ready in 2012.***

The Kings County Public Health Emergency Preparedness program encourages you to use these tools to make a New Year's resolution that will bring you and your loved ones some peace of mind.

Do YOUR part for Emergency Preparedness....pass on the information!