

TOP 10 PERSONAL PREPAREDNESS TIPS



☐ Register your cell phone and email for emergency notifications with AlertSanDiego.org.

☐ Establish an out-of-state phone contact to help reach separated family members.

☐ **Create a family disaster plan and yearly:**

- ☐ Review
- ☐ Update
- ☐ Practice

☐ **Create, and every 6 months inspect, your Emergency Supply Kit to include:**

- ☐ 3-7 days of food & water for each family member
- ☐ Current medications
- ☐ Battery powered radio + flashlight
- ☐ Working batteries
- ☐ Pet supplies

☐ Store coloring books, a deck of cards, board games or other items to keep family members entertained.

☐ **Make duplicates of, and consider storing off-site:**

- ☐ Medical prescriptions
- ☐ Insurance papers
- ☐ Other important documents

☐ Learn the disaster policies of schools and care programs in which you have children and dependants.

☐ Learn with your family about local hazards, and how to prepare for them. Learn how and when to operate a fire extinguisher.

☐ Keep the fuel tank in your vehicle at least half full at all times.

☐ Know where to get information and assistance during and after a disaster.

Turn over for Home Preparedness Tips!
Learn more at ReadySanDiego.org

