



# Sisters Together

**MARCH 2019....."Emergency Preparedness"**

*Hello sisters!*

*In honor of Women's History Month, this thought recently came to mind: on any given day, are we prepared for life's challenges and emergencies? If not, we should be! As women, we owe it to ourselves to be nothing less than prepared for whatever life challenges we may be faced with- including natural disasters. Whether it be flooding, fires, hurricanes, earthquakes, severe thunder and lightening, extreme heat or cold temperatures, let us take a moment to make sure that we are doing our due diligence to keep ourselves and our families safe.*

*Blessings,  
Tara*



## TO PACK:

### Essential Emergency Kit for 3 days:

- \*non-perishable food items (dried/canned/cup of fruit, canned tuna/turkey/chicken, crackers, peanut butter, nuts, etc.)*
- \*Water– a gallon a day per person*
- \*Flashlight*
- \*Toiletry items*
- \*Clothing*
- \*Old shoes/sneakers/boots*
- \*first aid kit*
- \*can opener*
- \*plastic/paper goods & utensils*
- \*books, puzzles, magazines, games*
- \*comfort toy/item*
- \*whistle*
- \*batteries*
- \*cell phone charger*
- \*sleeping bag/pillow*
- \*blanket*
- \*hand-cranked radio*
- \*emergency contact list*
- \*cash*

## TO DO:

- Pack an "Essential Emergency Kit" (see above) and keep in a convenient place (3 days worth for each person)
- Discuss safety plan & update emergency contact list with family
  - Role play what to do in a disaster with family
  - Hold periodic fire drills at home



# ARE YOU PREPARED?

