

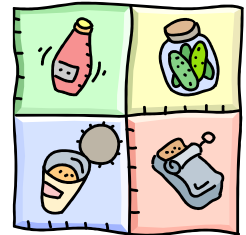


September is National Emergency Preparedness Month

GATHER EMERGENCY SUPPLIES

If a disaster occurs, you may not have access to food, water or electricity for a while so you need to be prepared. The American Red Cross recommends you, at a minimum, plan to store enough of the below basic supplies to take care of each member of your family for at least three days. It's best to store your supplies in air-tight, portable containers.

1. Choose **foods** that you know your family will eat and require no refrigeration, preparation or cooking. Examples include protein or fruit bars, dried fruit, nuts, peanut butter, crackers and canned juices. Think about canned goods, dry mixes and other items on your pantry or cupboard shelves. Also include a manual can opener and disposable plates and eating utensils.



2. Store enough **water** for a least a 3-day supply for each member of your family. A normally active person needs to drink at least ½- 1 gallon of water each day. Don't forget to store enough water for food preparation and hygiene . . . and your pets!



3. Don't forget extra **clothing**, a pair of good sturdy shoes and a blanket for each person.

4. Put a **first aid kit** together to include: 2 pairs of sterile gloves, sterile dressings to stop bleeding, assorted bandages, cleansing agent/soap and antibiotic towelettes to disinfect, antibiotic ointment to prevent infection, burn ointment, adhesive tape in varying sizes, eye wash solution to flush eyes or as a general decontaminant, scissors, tweezers, over-the-counter medicines such as aspirin or another pain reliever, laxative, anti-diarrhea medication, prescription medication you take daily (insulin, heart medications, asthma inhalers) and a mylar blanket for warmth and to prevent shock.



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL