



# 7 Things You Can Do Today To Prepare for Tomorrow

There are many simple things you can do today to enhance your level of preparedness. The following contains a list of 7 basic steps you can start doing now:

1 **Know Your Local Emergency Management & Response Professionals**

Make sure to know the location of your local fire departments, police stations and hospitals. Post a list of emergency phone numbers and addresses at home and in your work place.

2 **Create an Emergency Plan**

Talk to your family members and co-workers about creating an emergency plan for your house and work place. Think about:

- Where colleagues, friends and family members will meet should you have to evacuate your home or work place?
- How you will relay messages to other people should you be without power or communication within the affected area?
- Who will be tasked with shutting off potentially damaged utilities?

Be sure to share your emergency plan with family, friends and colleagues. (Visit The CELL's website – [www.thecell.org](http://www.thecell.org) - for links to more detailed information about creating an emergency plan.)

3 **Put Together an Emergency Supply Kit**

Preparing a kit containing 3-days of emergency supplies such as: water, non-perishable foods, flashlights, batteries, blankets and personal hygiene products.

- Visit The CELL's website – [www.thecell.org](http://www.thecell.org) - to access a more detailed list of basic emergency supplies.

4 **Understand Your Utility Connections**

Locate all utility mains for your home and learn how to safely turn them off manually. Think about the various utilities you use everyday:

- Gas, Electric, Water, etc.

5 **Organize and Practice Fire Drills**

Fires represent some of the most common emergencies. There are many causes of household and workplace fires. A terrorist attack or a natural disaster may create such a dangerous situation. Here are a few recommended steps you can take to prepare for one:

- Map out your home and office.
- Know where the fire extinguishers are kept.
- Make sure doorways and other potential escape routes are unobstructed.
- Make sure your children know what your smoke detectors look like and what they sound like in the event they go off while you and your family are asleep.

- Practice your fire drill multiple times a year.

6 **Check Your Smoke Detectors**

Take a minute to locate the smoke detectors in your home, work place and any other area you may frequent. Check and change the batteries regularly. Smoke detectors that are more than 10 years old may need to be replaced.

- If you have questions about your smoke detectors, contact your local fire department for additional information.

7 **Plan a Neighborhood Watch Meeting**

Bring together friends and family to start a local neighborhood watch program. Invite an officer from your local Sheriff's office or police station to help you get started.

- Visit The CELL's website – [www.thecell.org](http://www.thecell.org) - for links to additional information.