

## Personal Preparedness

### Prepare in a Year

Don't be overwhelmed by the need to be ready for problems -just take one step a month

Month	Step	Actions
1	Prepare an action plan	What would you do if an earthquake, tsunami or wildfire occurred?
2	Out of Area Contacts	Ask an out-of-area friend or relative to be your contact person. In a disaster, it is often easier to place a long distance call than a local call.
3	Storing Water	Keep one gallon of drinking water per person per day for two weeks. We recommend that you store 14 gallons per person.
4	Disaster Kit	Have two weeks of non-perishable food on hand. Keep first aid supplies, medicines, warm clothing and bedding available. Checklists are available to help you gather these supplies.
5	Important Documents	Keep copies of property, insurance, health, and financial papers. Document your house and valuables and store off-site.
6	Extended Event Supplies	Keep flashlights, extra batteries, lanterns, lightsticks and portable radio on hand. Gather cooking supplies such as camp stoves and disposable plates, cups and utensils. Gather tent, sleeping bags and rain gear. Plan for sanitation and for your pets.
7	Under-the-Bed Items	Sturdy shoes, work gloves, hard hat, flashlight, lightsticks, OK/Help sign, bandaids to hand sign.
8	Utility Safety	Be prepared to shut-off propane, electricity, or water if necessary
9	Drop, Cover, Hold	Practice being safe - choose a safe place in each room
10	Fire Safety	Choose a reunion place outside your home or neighborhood. Know two exit routes out of each room and out of your neighborhood to Highway One. Hold a fire drill. Place fire extinguishers with ready access.
11	Sheltering in Place	Create a "safe room" in your home which you can seal with plastic sheeting and duct tape.
12	Home Hazard Hunt	Identify potential hazards: water heater, tall pieces of furniture, breakable items on high shelves, computers/stereos/televvisions, hanging plants, mirrors and heavy pictures, cabinet doors that should be secured, home fastened to foundation, poisons/toxics/solvents in breakable containers in high locations.