

MAINTAIN YOUR HEALTH DURING A DISASTER

Emergency situations can take a toll on your health. Prepare for your health needs in advance by following these easy tips.



Food and Water

Store enough food for your family for 3 days. Store foods that are easily prepared and non-perishable in a cool, dry place. Examples include:

- peanut butter;
- crackers;
- granola and fruit bars;
- powdered and shelf-stable milk;
- dried fruits and nuts; and
- canned foods such as meats, soups, vegetables, and fruits.

Store at least a 3 day supply of 1 gallon of water per person, per day for drinking, hygiene, and cooking. Stay hydrated by drinking eight 8-ounce glasses of water each day.

Stay Safe

Shelter in place at home unless authorities deem it is in your best interest to evacuate. If you evacuate, find shelter that protects you from the wind, rain, sun, wild animals, and extreme temperatures. Many communities have established shelters; you can find a shelter near you by dialing 2-1-1.

Avoid Illness

- Wash hands frequently with soap and warm water for at least 20 seconds.
- Keep feet clean and dry; check them daily for sores and blisters.
- Do not share eating utensils, toothbrushes, or towels.
- Cover your cough and sneeze with your upper sleeve or elbow, not your hands.

Keep Your Health in Mind

- Have plenty of any necessary medications or home health equipment easily accessible.
- Have a fully stocked first aid kit.
- Sign up for a basic first aid class with your local Red Cross chapter by visiting <http://www.redcross.org/take-a-class> or by contacting your local community center.
- If you or someone in your family is injured, seek medical help immediately.