



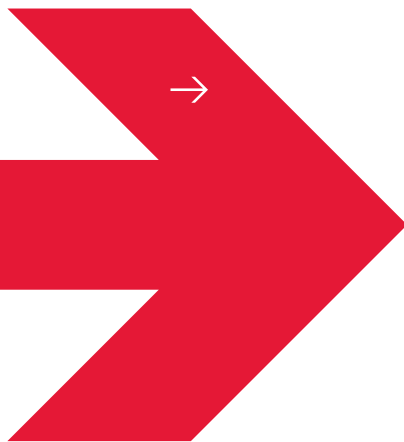
bReadySD.com

It can happen.



home. work. anywhere.

Be prepared for natural disasters, epidemics and emergency situations.



People-to-people contact can expose you to contagious disease, so know your safe zones.

Your Safe Zone at Home.

Stock up on basic items to minimize the need to go out.
Pay bills by mail, online or via the phone.
Cancel or postpone family gatherings, outings or trips.

Your Safe Zone at Work and in Public.

When people are coughing or sneezing, stay at least three feet away.
Use the telephone and Internet to avoid face-to-face meetings.
Avoid public transportation and unnecessary travel.
Stay away from crowded places whenever possible. Pick quiet restaurants, smaller stores, short waiting lines and try to do your shopping during the off-hours.



Create a Specific bReady Plan

Make a plan for your children in day care or school, older adults and other immediate family members who need special assistance.

Select Meeting Places

Outside your home: In case of emergencies such as fire, gather at a pre-selected meeting place.

Outside your neighborhood: In case you can't return home, everyone should know the address, directions and phone number of your designated meeting place.





b prepared.

Natural disasters, epidemics and emergency situations can happen at home, at work and anywhere. This guide will help you gather necessary items in the event of an emergency.



Water

Store enough bottled water for one week. One gallon per person, per day for drinking and sanitation. Keep the water in a cool, dark place and change the supply every six months.

Nonperishable Food

Keep a 3-5 day supply per person. Store ready to eat foods such as: canned meat, fruit and vegetables; canned or boxed juices; powdered milk and soup; crackers, granola and trail mix.



Clothes

Collect one change of clothes and shoes per person. Pack blankets, rain gear and outerwear in case of bad weather.

Prescription Medicines

Keep three days worth of all your prescription medicines on hand.



Track and honor the expiration dates.

Flashlight

Keep a good flashlight ready.



Don't use candles! They are a fire hazard and are easy to lose.

Can Opener

Remember to have a manual can opener on hand. Also think about buying items with a pull-top opening so you won't need a can opener.



Radio

Have a battery-powered or hand-crank powered radio to keep track of news and weather reports. Keep extra batteries on hand if radio is battery-powered.

Hygiene Basics

Remember personal hygiene basics. Pack soap, toothpaste, toilet paper and moist towelettes.

First Aid Kit

Always have a first aid kit stored. It should include: antiseptic, gloves, bandages and non-prescription medicine. You can buy a pre-made kit at most pharmacies and grocery stores.



Essential Records

Make copies of all your essential records. These include: Social Security cards, health insurance cards, home-owners insurance information and cards, family contacts and phone numbers and a detailed list of all medications.



Please call **1.800.738.2301** or visit bReadySD.com for more information about bReadySD.