

CERTIE

CERTie® says, "BEE PREPARED"

Make a kit · Make a plan · Be informed



Disaster could interrupt water service for 72 hours, so have on hand three gallons of safe drinking water for each person. Even one gallon is better than none. Put some aside now. Freshen it every six months.

CERT resumes Spring 2004

January 26, 7PM, Cedarcrest HS:
PSE's "Taking Winter By Storm"
visit www.Ready.gov

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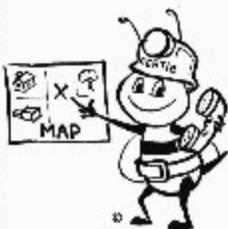


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Plan a location where you all will meet if you have to evacuate or can't get home because of a disaster. Have a telephone contact outside the state for everybody to check in with if cells and local lines are tied up. And be prepared to shelter-in-place.

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Don't go hungry when the power goes out. 3 cans per person of your favorite ready-to-heat dinners will be a major part of your 72-hour survival diet. Got a camp stove? A manual can opener? Plastic flatware?

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Don't be in the dark about emergencies. Lighten up with some extra flashlights, batteries, and bulbs. Make them handy.

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Disasters wear out kids, too. Be prepared for snack attacks. Store some peanut butter and crackers for happier campers in a time of stress.

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Remember, one gallon of water per person per day. If disaster forces you to leave your home, make sure some of your family's supply is in plastic bottles small enough to carry. Sterilize the bottles first.

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Check your first aid kit for all the things it came with. Replace the missing items. Check the kit in your car, too. Don't have one in the car? Well, now's the time to get one.

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No power? Begin and end each day with your favorite fruit -- self-opening cans are handiest and usually need no refrigeration. 6 small containers per person lasts 3 days. Eat and replace them before their expiration dates. Got spoons in your kits?

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Three days of disaster don't have to be all sour. Put away a few bags of hard candy and a tin or three of cookies. Adults may prefer nuts and trail mix -- better for stress.

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Not only can duct tape and plastic sheeting make a safe room safer in case of an airborne hazard like dust and stuff from an explosion, duct tape can also repair broken things temporarily. Keep a roll in your car survival kit, too.

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A disaster may close stores. Put in a stock of paper products, waterless cleaner, etc. If you take medicine, get an extra 3-days' worth in case we've a 72-hour problem just as you run out of your month's supply. Take the oldest medicine first.

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Don't forget a 3-day disaster supply of water, food, and hygiene for your pets. Provide an alternative shelter, if needed, as Red Cross shelters won't allow pets.

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