

BETter Living ...

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Are You Prepared?

Are you ready for storm season? I know that we have all been thinking about COVID-19 and quarantines and now that the state has lifted the stay at home order, we need to evaluate if we are prepared for severe weather to arrive. Recently, strong winds damaged property in our county. We do not know when the next storm will come, so we need to be prepared.

Make a Plan, Get a Kit, Be Informed are three steps to help you prepare for a disaster. It is important that everyone in your household is aware of the plan.

Make a Plan

1. Put a plan together by discussing the following questions:
 - a. What is our shelter plan?
 - b. What is our evacuation route?
 - c. What is our household communication plan?
 - d. Do we need to update our preparedness kit?
2. Consider specific needs of your household:
 - a. Ages of household members
 - b. Dietary and medical needs including prescriptions or other medical equipment
 - c. Disabilities
 - d. Pets
3. Fill out an emergency plan
4. Practice your plan with your household

Basic Emergency Supply Kit – Prepare for at least 72 hours

- Water – three gallons of water per person for drinking and sanitation, 1 gallon per day
- Food – at least a three day supply of non-perishable food, including a can opener
- Battery-powered or hand crank radio and a flashlight with extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to filter contaminated air – 1 per person
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Personal hygiene items
- Paper plates, utensils, cups
- Activities for children
- Copies of important documents in a waterproof container
- Change of clothing for each person

Be Informed

One way to receive updates is to have a NOAA all hazards weather radio, receive alerts through the IRIS system: https://www.irisdispatch.com/users/enroll/dsp_enroll.cfm?org_id=1001, or through your local weather station via your smart phone.

It is very important to be ready for an emergency by having a plan, making a supply kit and staying informed.

For more information, visit: ksready.gov, ready.gov, or weather.gov or call 785-765-3821 or email: btrieb@ksu.edu.