

TOP 10 PERSONAL PREPAREDNESS TIPS



Register your cell phone and email for emergency notifications with AlertSanDiego.org.

Establish an out-of-state phone contact to help reach separated family members.

Create a family disaster plan and yearly:

- Review
- Update
- Practice

Create, and every 6 months inspect, your Emergency Supply Kit to include:

- 3-7 days of food & water for each family member
- Current medications
- Battery powered radio + flashlight
- Working batteries
- Pet supplies

Store coloring books, a deck of cards, board games or other items to keep family members entertained.

Make duplicates of, and consider storing off-site:

- Medical prescriptions
- Insurance papers
- Other important documents

Learn the disaster policies of schools and care programs in which you have children and dependants.

Learn with your family about local hazards, and how to prepare for them. Learn how and when to operate a fire extinguisher.

Keep the fuel tank in your vehicle at least half full at all times.

Know where to get information and assistance during and after a disaster.

**Turn over for Home Preparedness Tips!
Learn more at ReadySanDiego.org**

