

Knowledge + Kit + Plan = Preparedness



This Emergency Preparedness Kit and Plan has been developed for you and your family by Hurst Place Employee Assistance Program. It has been developed as a guideline to preparedness planning, in the event of an emergency situation in your area. A little planning goes a long way to prevent fear and frustration. This kit is designed for everyone, including young children and the elderly.

In the event of a local emergency, pandemic or natural disaster, you and your family should be prepared ahead of time to deal with the challenges that come up. It is important to understand that essential services, such as electricity may not be working in your area for an extended period of time. By planning in advance, you and your loved ones can be far better prepared to face a range of emergency situations. You may need to be self-sufficient for up to 72 hours if an emergency situation occurs in your community.

The consequences can be similar across many types of emergency situations, but it does help to be aware of the risks in your region, so you can be better prepared. The following list outlines various emergency situations and natural disasters. Read through them and check off the risks that are most likely in your area.

Use the checklists and tips presented in this booklet to feel more confident in your ability to care for your family during an emergency. There is a tear-out page at the back of this kit, which will provide the basis of your Emergency Plan. You can complete this plan with your family and post it in a handy place.

We will also give you a list for setting up your own personal Emergency Kit with the right supplies to care for your family.

Since no one can accurately predict what emergencies will arise, or when a pandemic will hit, it's important that you respond as the situation evolves. It is important that you get - and stay - informed, and are always prepared.

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|-------------------------------------|--|--|--|
| <input type="checkbox"/> Bird Flu | <input type="checkbox"/> Flooding | <input type="checkbox"/> Landslide/Avalanche | <input type="checkbox"/> Tsunami/Storm Surge |
| <input type="checkbox"/> Blackout | <input type="checkbox"/> Hazardous Spills | <input type="checkbox"/> Storm | <input type="checkbox"/> Wildlife |
| <input type="checkbox"/> Blizzard | <input type="checkbox"/> Hurricane | <input type="checkbox"/> Terrorism | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Drought | <input type="checkbox"/> Industrial Accident | <input type="checkbox"/> Tornado | |
| <input type="checkbox"/> Earthquake | <input type="checkbox"/> Infectious Disease | <input type="checkbox"/> Transportation Accident | |

WHY PLAN?