

## **Ready in Three: Be Prepared for any Emergency**

At home, school, work and even in our cars, we need to know what to do in an emergency. We need to know where to go in an emergency. The Missouri Department of Health and Senior Services developed a program called **Ready in 3**. It is an easy way to prepare for an emergency.

**Ready in 3** includes three steps:

**1. Create a plan** for you, your family and your business. No one knows when an emergency will happen. You may not be at home. Your family may not be together. Some things to keep in mind:

- **Develop an emergency plan for the family.** Your family might not be together when an emergency happens. That's why it is important to have a plan in place. The entire family should know and understand the plan. In case you and your family are separated during an emergency, consider contacting the same friend or family member. That person can help connect separated family members.
- **Plan for two situations – staying home or having to leave.** You should be prepared for two things, to stay in one place (like your house) or to evacuate. Deciding whether it is best to stay or go depends on the type of emergency. Officials may make the decision for you.
- **Know where to go if you have to leave.** Sometimes it may not be safe to stay in your home. Plan where family members can meet. Know where you will go and how you will get there.

**2. Prepare a kit for home, car, and work.** If an emergency happens, you might not be able to get food or water for days or weeks. And, your electricity may not be working. You should have an emergency kit in your home. Smaller emergency kits should be kept in your car and at your workplace.

• **Basic supplies for your kit include:**

- Water and canned or dried food
- Battery-powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Prescription medicine
- First-aid kit

• **Try to have three days worth of food** for each person in your plan. Fresh water is also very important. You should have one gallon of water for each person for at least three days. If you have the room, you should store additional water supplies for each person.

- **Keep your emergency supplies in a waterproof container** that can be easily carried in case you have to leave home. You could use a large bag, plastic container, or a trash can with a lid.

**3. Listen for information** about what to do and where to go during an actual emergency. It is important to stay calm in an emergency. Get as much information about the situation as possible by listening to the radio or TV for news. But, in some emergencies, the electricity may go out. Make sure to have a battery-powered radio with extra batteries. City, county and state officials have developed emergency plans. During an emergency, it is important to follow their directions and advice. They will provide you with the latest information.

**Ready in 3** is an emergency-preparedness program for Missouri. The Missouri Department of Health and Senior Services sponsors the program. **Ready in 3** aims to help residents and communities prepare for many types of emergencies from tornadoes to terrorism. For more information, visit [www.dhss.mo.gov](http://www.dhss.mo.gov).

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