



Tioga County Public Health Department

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Public Health
Prevent. Promote. Protect.

Are you and your family prepared in case of an emergency? Natural disasters, severe weather, and other emergencies can happen at any time, and the best way to be prepared is to plan ahead. Here are a few tips:

- Create an Emergency Plan – Talk as a family about what to do in emergency situations. Remember that your plan should include *all* family members; think about what children, older adults, and pets may need.
 - How should family members get in touch with one another?
 - If family members are not at home (at school, work, etc.), how will the family regroup and where?
 - Know the exits in your home, and where you would stay (local hotel/shelter/relatives) should you need to evacuate your home.
- Create an Emergency Kit – Nonperishable food, water, first-aid supplies and important medications should all be included in your kit, as well as contact information and copies of important documents. Hand-powered radios can also be helpful to get information should the power go out. Make sure your emergency kit fits the needs of your family. Include items for children, older adults, pets, and for special medical needs. Store your kit somewhere where the entire family can find it in emergencies.
- Get Informed and Connected – Let relatives and neighbors know your emergency plans, and stay up to date on local weather and events. Contact local agencies, like the Red Cross, to get more information about the natural disasters most common in your area, and what to do if they strike. Find out the emergency plans of your workplace or children’s school, and how they fit with your own family’s plan. Listen to local authority advice in terms of advisories or evacuations during the course of an emergency.

Source: CDC, FEMA, American Red Cross

For more information about Emergency Preparedness in Tioga County, go to:

<http://www.tiogacountyny.com/departments/public-health/>

For further information about Emergency Preparedness in general, go to: <https://www.ready.gov/>
