

How to Prepare for Emergencies

Are you prepared in the event of a disaster? Have you made an [emergency kit](#)? Does your family have a plan? September is National Preparedness Month. Here are some tips for how to prepare for any disaster— for more information and more resources, visit [ready.gov](#)!

Stay Informed:

- **Monitor Trusted Sources:** Keep an eye on weather forecasts and alerts from reliable sources such as the [National Weather Service](#) or local emergency management agencies.
- **Emergency Notifications:** Utilize weather radios, smartphone apps and [text alerts](#) to receive real-time information and warnings.

Create a [Family Emergency Plan](#):

- **Communication Strategy:** Designate a family member as the central contact point. Ensure everyone knows how to reach this person and where to meet in case of separation.
- **Evacuation Routes:** Plan primary and alternate routes to safe locations, considering potential road closures and traffic congestion.
- **Specific Needs:** Address the needs of elderly family members, young children and individuals with disabilities in your plan.

Build an [Emergency Kit](#):

- **Essential Supplies:** Include water, non-perishable food, medications, a first aid kit, flashlight, batteries and hygiene items.
- **Customization:** Tailor your kit to your family's unique needs, including specific medications, baby supplies and pet necessities.
- **Regular Check-ups:** Review and refresh your kit at least annually to ensure all items are in working condition and have not expired.

Develop an [Evacuation Plan](#):

- **Meeting Points:** Establish local and out-of-town meeting points in case family members are separated during an evacuation.
- **Nearest Shelters:** Decide where you and your family will seek shelter if your home is no longer safe
- **Transportation:** Decide which vehicles you will take to evacuate and ensure they are equipped with an emergency supply kit

- **Contacts:** Compile a list of emergency contacts, including family, friends and local authorities. Store both physical and digital copies.

Stay Engaged with Your Community:

- **Local Resources:** Familiarize yourself with local emergency services, shelters and community organizations that can provide support during disasters.
- **Community Plans:** Participate in or review local disaster response plans and initiatives. Know how your community will coordinate efforts in a crisis.

To get more details about how to respond to specific disasters, [click here](#).

Other helpful links to prepare for an emergency:

- General information about disaster preparedness: [Ready.gov](#)
- Create an emergency plan: [template here](#)
- Learn about renters insurance: [United Policyholders Guide](#)