



## Emergency Planning

In many places, the summer months coincide with an increased risk of natural disasters. Whether you live in an area that is prone to wildfires, tornadoes, or hurricanes, these steps may help you prepare:

- **Plan ahead.** Questions to consider include:
  - If I had to depart my home on short notice, what items would I need to take with me?
  - If I had to evacuate my town or region, where would I go?
  - Where is the safest place in my home to shelter during severe weather?
  - Do I have enough non-perishable food and other supplies on hand to shelter in place for at least a few days?
  - What supplies would be needed to maintain the care of a child, elderly person, or pet for several days? (If relevant.)
- **Pack a “go” bag.** Fill it with clothes, medications, important documents, and other items that you might need if evacuating quickly. Make a list of things that you might take with you if time or vehicle space allowed, including computers and electronics. Don't forget personal mementoes, such as photographs or collector's items.



- **Gather supplies.** Make a list of items that would be useful in various different types of emergencies and restock as needed. If your budget is tight, keep an eye out for sales. The Discount Center on [mylifematters.com](http://mylifematters.com) is another way to purchase low-cost emergency kit supplies.
- **Create a disaster plan.** Make sure everyone who resides in your household knows where emergency supplies are stored. Have periodic disaster rehearsals for fires, weather emergencies, or evacuations. (If you have young children, consider making these rehearsals into a game.) Establish a meet-up spot that everyone in your family can go to if it is impossible to reach your home after a disaster.

Planning ahead could make an emergency easier to manage. It may also alleviate stress during times of increased disaster risk. In addition, LifeMatters is available to help you plan for or cope with any crisis situation. Call 24/7/365.

## 1-800-367-7474

Assistance with Life, Work, Family, and Wellbeing

[mylifematters.com](http://mylifematters.com) • 24/7/365 • CRS TTY: 711

Call collect to **262-574-2509** if outside of North America

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474. This information is for educational purposes only and is not intended to take the place of medical advice.

