

Safety Sense

Disaster Preparedness Can Help Keep You Safe In An Emergency

(NAPSA)—No matter where you live, there's a chance that a natural disaster could change your life forever. In an earthquake, hurricane, tornado, flood or other disaster, experts say proper planning may increase your chances of staying safe.

Be Prepared

First and foremost, FEMA and the American Red Cross recommend that households gather emergency supplies that may be needed during and after a disaster. These supplies should be kept in durable, easy-to-carry containers (such as plastic tubs with well-fitting lids) in a readily accessible place in your home to protect them from the elements. At a minimum, here's what FEMA and the Red Cross say these kits should include:

- Clean containers for water—enough to carry five gallons per person for three to five days—such as shatter-resistant plastic jugs and bottles.

- A two-week supply of easy-to-prepare, nonperishable food in cans or factory-sealed plastic containers—plus a nonelectric can opener.

- A first-aid kit and manual.

- A battery-powered radio, flashlights and extra batteries—also consider solar-powered or hand-crank radios and lights.

- Sleeping bags or emergency blankets (choose nylon or similar easy-to-dry fabrics).

- Water-purifying supplies such as chlorine or iodine tablets or a plastic jug of unscented, ordinary household chlorine bleach.

- Prescription medicines and other medical necessities stored in a plastic zipper bag.



Emergency responders use plenty of plastic products to help protect equipment.

- Disposable cleaning cloths.
- Essential documents such as birth certificates, insurance information, identification, and some cash in a clear plastic zipper bag.

- Large plastic tarps, duct tape and a basic tool kit for repairing minor damage and keeping out the elements.

- Water-resistant jackets or plastic rain gear and a warm change of clothing.

- An emergency kit for your car with food, flares, booster cables, maps, tools, a first-aid kit and a fire extinguisher.

In addition to these supplies, experts recommend meeting with members of your household to make emergency plans. Establish a meeting point both inside and outside your home, create a list of emergency contacts and give everyone in the household a task to complete in the event of a disaster or evacuation.

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