

# Health & Wellness

## Tip of the Week

July is all about **Emergency Planning**. It is the perfect time to remind you about the importance of planning ahead for emergency situations.

Week 27  
July 4, 2016

### Ready, Set, Plan For Emergencies

No one thinks they will be in an emergency situation. That's why it's vital to do something now just in case. Having a plan and working together can help protect you and your loved ones. Use these steps to make your crisis plan:

- ✦ Turn on smartphone settings to get emergency alerts.
- ✦ Teach everyone in the family to text, since more texts get through than phone calls in emergencies.
- ✦ Teach children 911-calling basics.
- ✦ Agree on a close-to home and out-of-town meeting place.
- ✦ Decide how to keep pets safe.
- ✦ Learn the meaning of community alert signals.
- ✦ Know safe parts of your home for each type of disaster.
- ✦ Pick a date to restock emergency supplies each year.
- ✦ Make your plan routine and test kids with quizzes and drills.

Set a goal of protecting your family and get ready now with an emergency plan.

*Source: Centers for Disease Control and Prevention*



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