

ARE YOU PREPARED?



Act now to gather supplies and learn the skills you need to prepare and protect yourself and others in an emergency.

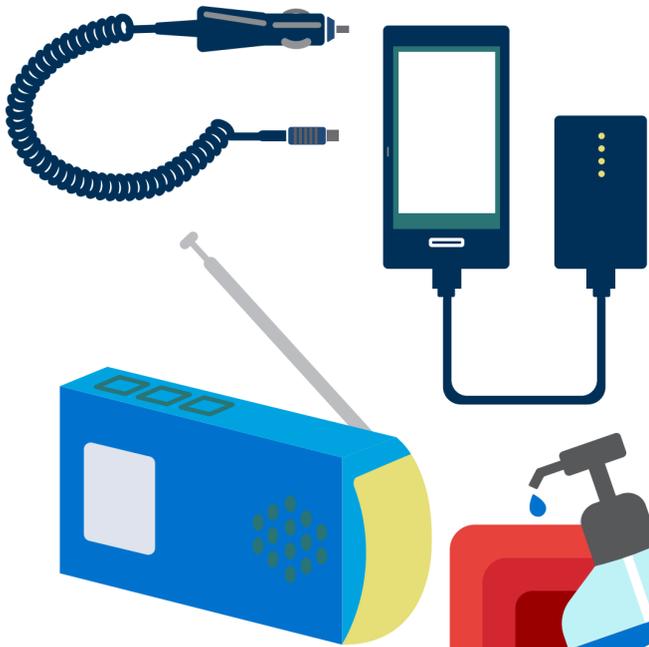


Make a **first-aid kit** that includes gloves, a thermometer, waterproof bandages, and antibiotic cream.

Gather enough **personal needs**, like food, water, and medical supplies, to last your family, including pets, at least 3 days.



Prepare for power outages with backup and alternative **lighting and power sources**, such as flashlights and a power bank for your cellphone.



Learn, practice, and teach others important **practical skills**, such as frequent handwashing, that can protect your health in an emergency.



Collect and protect important **paperwork**, such as insurance cards and personal identification.



Have multiple, well-fitting **masks for everyone ages 2 and older**. Know and follow the masking recommendations and requirements of your state and local health departments.

When soap and water are not available, use **hand sanitizer with at least 60% alcohol** to keep hands clean.



Carry household **disinfecting wipes** to kill germs on frequently touched surfaces.



Prepare for everywhere—your home, work, and vehicles—because emergencies can happen anywhere.

For more information visit: www.cdc.gov/prepyourhealth