NEIGHBORHOOD PREPAREDNESS

Planning before an emergency is the best protection for your family and community. Prepare for **Everywhere**



HEALTHY COMMUNITIES

Healthy communities more quickly and easily recover from disasters.

These communities:





Have Access to **Medical Care**



Behaviors



Health Resources

53%

ENGAGE YOUR COMMUNITY

Start talking preparedness!



Meet Your Neighbors

Know who may need assistance during an emergency.

Create a community network to share updates on events and emergencies in your area.

After a disaster, check on your neighbors to make sure they are safe.

NEIGHBORHOOD

Think about emergency preparedness in every part of your community













PLACE OF WORSHIP

Create an emergency preparedness group to lead emergency planning.

Talk to your local or state health department about becoming a triage center to distribute medical supplies and medication during an emergency.

Develop a plan for sheltering people during an emergency.

SCHOOLS



Practice emergency response drills

communication during a disaster.

Talk to parents about emergency

Share important emergency preparedness and illness prevention

MOBILE & ONLINE

networks that can send notifications directly to your computer and phone.

Join emergency alert

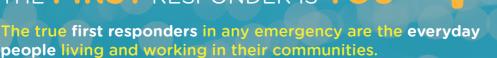
different online or social media networks that you can use to let people know you are safe after a disaster.

Talk to friends and family about

social media before a disaster strikes.

Stay in touch! Teach loved ones how to text and use

THE FIRST RESPONDER IS YOU











Knowing how to spot symptoms and perform emergency aid can save a life.

Take training in first aid, CPR, or AED.

DONATING BLOOD



LEND A HELPING HAND



around you to provide emotional support. Disaster can be stressful, having someone to talk to can help.



Become involved in your community's emergency

VOLUNTEER

preparedness, contact your local:

Medical Reserve Corp

CERT Team

- Local community preparedness groups

preparedness

Red Cross chapter



U.S. Department of Centers for Disease

Control and Prevention

For more information visit: emergency.cac.gov/