

NEIGHBORHOOD PREPAREDNESS

Prepare for **Everywhere**

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



HEALTHY COMMUNITIES

Healthy communities more quickly and easily recover from disasters.

These communities:



ENGAGE YOUR COMMUNITY

Start talking preparedness!

53% of people receive preparedness information through conversations with **neighbors, friends, or family.**



NEIGHBORHOOD

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.

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 for different disasters.

Talk to parents about emergency communication during a disaster.

Share important emergency preparedness and illness prevention information.

MOBILE & ONLINE

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

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

Stay in touch! Teach loved ones how to text and use social media before a disaster strikes.

THE FIRST RESPONDER IS YOU

The true first responders in any emergency are the everyday people living and working in their communities.

FIRST AID



Take training in first aid, CPR, or AED. Knowing how to spot symptoms and perform emergency aid can save a life.

DONATING BLOOD



1 pint of blood can save up to 3 lives. Donate and help your community!

LEND A HELPING HAND



Help your community or neighbors clean up after a disaster, and reach out to those around you to provide emotional support.

Disaster can be stressful, having someone to talk to can help.



VOLUNTEER

Become involved in your community's emergency preparedness, contact your local:

- CERT Team
- Medical Reserve Corp
- Red Cross chapter
- Local community preparedness groups



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information visit:
emergency.cdc.gov/preparedness