

# BE AWARE AND PREPARE APRIL

The Region 9 Hospital Preparedness Program encourages all health-care employees and their families to prepare themselves for emergencies. Each month, you will receive a list of three things that you can get, or do, to assemble a Basic Emergency Supply Kit. By following our recommended list you will have a well stocked kit by the end of the year.



**Comfortable shoes**

To enable you to walk long distances, in all types of weather conditions, a comfortable pair of walking shoes should be included in your emergency bag. In an evacuation, change your shoes only after you have reached a safe place.



**Extra Keys**

An extra set of keys will give you peace of mind in case you only have time to grab your emergency kit. This will give you access to your home, car, and other important places.



**Non-perishable Foods**

In your home, have a supply of non-perishable foods stocked within easy reach. Put a few select canned/non-perishable foods in your emergency kit for easy access.