

BE AWARE AND PREPARE FEBRUARY

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.



Radio

A Radio will allow you to keep up to date on the latest news and reports during an emergency. Hand-cranked radios (such as the one pictured) or battery operated radios will be an important resource for your kit.



First Aid Kit

First Aid Kits can be easily put together or purchased ready to go. To be effective, a first aid kit should have; bandages, adhesive waterproof tape, antiseptic wipes, cold packs, gauze, plastic bags, scissors, tweezers, latex gloves, eye wash, assorted woven bandages, and first aid cream packets.



Contact Lists

Create a contact list with the names and phone numbers of family and loved ones. Also, pick meeting locations so that you can make sure each person is safe and accounted for.