

BE AWARE AND PREPARE JANUARY

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.



Emergency Planner

An emergency planner will help you gather all of your family and emergency contact information into one place. This planner may also be a place for you to keep evacuation plans for your family and for keeping an up-to-date content list of your emergency kit.



Emergency Bag

An Emergency Bag is an essential part of your emergency kit. This will make your kit easy to transport and access in the event of an evacuation. Any type of bag, such as a duffel bag or backpack, will work for this purpose. Create an emergency bag for both work and home.



Flashlight

A flashlight is one of the most important tools you can have in your emergency kit. To save energy, batteries should be placed in reverse inside the flashlight while it is being stored.