

BE AWARE AND PREPARE MARCH

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.



Bottled Water

Bottled water is a necessary staple in your emergency kit. Pack three days worth of water (at least a gallon per person, per day).



Cash

Extra cash should be included in your emergency kit in case other purchasing means (such as credit card machines) are not operational.



Medication

Be sure to put prescription and over the counter medication (such as aspirin) in your emergency kit. Check expiration dates and replace these items as needed.