

BE AWARE AND PREPARE MAY

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.



Whistle

If an evacuation takes place, a whistle gives you the chance to signal for help and direct people to safety.



Toiletry Kit

A toiletry kit should be included in your emergency kit. To be well prepared, you should have; hand sanitizer, a toothbrush, toothpaste, feminine hygiene products, a razor, shaving cream, soap, moist towelettes, nail clippers, sunscreen, Q-tips, a change of contact lenses and contact solution.



**First Aid/CPR
Class**

Taking a first aid and CPR class may enable you to save lives before emergency teams are able to arrive.