

# BE AWARE AND PREPARE OCTOBER

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.



**Smoke/CO Detector**

For your safety, Carbon Monoxide (CO) and smoke detectors should be placed throughout your home. Check and replace batteries in fall and spring.



**Home and Work Inspection**

Inspection of your work area and home can help prevent fires and other disasters. Develop and drill an evacuation plan, do not overload your electrical circuits, and remove flammable materials from areas such as the stove.



**Fire Extinguisher**

Place a fire extinguisher in a central location, such as the kitchen, and be sure that every household member understands how to use it.