

BE AWARE AND PREPARE SEPTEMBER

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.



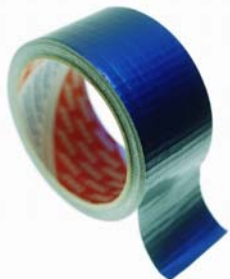
Mess Kit

Items in a mess kit should be easily cleaned or disposed of. Include cooking and eating utensils such as cups, plates, forks, spoons, knives, and paper towels.



Plastic Sheeting

Purchase a roll of plastic sheeting to put in your emergency kit. This will allow you to seal all doors, windows, and ventilation systems if you are required to stay where you are in an emergency.



Duct Tape

Combined with plastic sheeting, duct tape will help you seal off a “shelter in place.”