

Stamping Out Suicide (S.O.S.)

12 Ways to Prepare Yourself for Emergencies From Our Quality Improvement Division

There are numerous activities for taking action and preparing BEFORE a disaster or emergency situation occurs. Here are some important ways to increase preparedness for yourself, your family and your community. Implementing these simple actions at home and in your community can make a difference!

Sign up for Alerts & Warnings

Download the FEMA app for resources, weather alerts and safety tips. Consider creating a Safety Profile through Smart911.

Practice Emergency Drills

Ensure at least one family member is trained in First Aid and CPR. Practice responding to simulated emergency situations.

Plan with Neighbors

Consider practicing and simulating disasters and emergency situations with your neighbors/ community to improve confidence and response preparation.

Assemble or Update Supplies

All homes should have an emergency supply kit (at home and in vehicles) located in an accessible area. Kits should be checked every six months, and any expired items should be replaced.

Make a Plan

Visit this website to create your Family Emergency Communication Plan. Once completed, you can email as a PDF file.
<https://www.ready.gov/plan-form>

Test Family Communication Plan

All members of your family/household should practice the plan to ensure everyone is familiar with it.

Make Your Home Safer

Be aware of any safety concerns within your home or that could become a safety concern should a disaster occur and implement updates and repairs, if necessary.

Get Involved in Your Community

Determine how you can help your community before, during and after a disaster or emergency. There are a variety of options, such as volunteering, donating, training and educating.

Save for a Rainy Day

Save and keep a small amount of cash in a safe place at home. Having small bills on-hand can be helpful, as ATMs and credit cards may not work during a disaster, in the event you need to purchase necessary supplies, fuel or food.

Safeguard Documents

Store all important documents – birth certificates, insurance policies, etc. – in a fire-proof safe or safety deposit box.

Know Evacuation Routes

Learn about local emergency, evacuation and shelter plans for specific disasters. Be familiar with such places should you need to evacuate. Be familiar with alternative routes and means of transportation.

Document & Insure Property

Take an inventory of your household documents & valuables. Understand your options for coverage to ensure you have appropriate insurance.

source: [Ready.gov/Prepare](https://www.ready.gov/Prepare)
[Fema.gov](https://www.fema.gov)



encompass
— Community Supports —

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Formerly Known As – Rappahannock-Rapidan Community Services