

September 18: National Preparedness Month: Take Control in 1, 2, 3

STEP TWO: BUILD A KIT



Sept. 18-24: Build a Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. **Emergency supply kits are the center of all emergency preparedness plans.**

HOME, CAR, AND WORKPLACE

- Build or update your [emergency kit](#).
- Include flashlights, radios, extra batteries, a first aid kit, [medications](#), [personal documents](#), and other essential supplies.
- Teach your family how to use a radio with batteries for updates from local officials. <https://www.ready.gov/alerts>
- Consider the [unique needs](#) of your family, older adult household members, and/or pet(s)!
- Store items in airtight plastic bags or in easy-to-carry containers such as plastic bins or duffel bags.

For more information visit the [Office of Disaster Preparedness and Emergency Management \(DPEM\) website](#), [Build A Kit | Ready.gov](#), and [Have a Plan - Emergency Preparedness - Alameda County \(acgov.org\)](#).

Take care and stay safe!

Government and Community Relations (GCR)

[Office of Disaster Preparedness and Emergency Management \(DPEM\)](#)

SSADPEM@acgov.org