

***It's a New Year and Now is the Time...
Resolve to be Ready! Pledge to Prepare!***
Get A Kit ~ Make A Plan ~ Be Informed ~ Get Involved



Emergencies can occur with little or no advance warning. The most important thing you can do is be able to take care of yourself and those in your care. The BEST time to prepare for emergencies is BEFORE they occur. This year, as you make your new year resolutions ~ Resolve To Be Ready! Pledge to Prepare!

There are 4 steps that you can take to prepare yourself, your family and your neighborhood:

<p><u>GET A KIT:</u> Be prepared...following a disaster or large scale emergency you may be on your own and need to take care of yourself and your family. Emergency responders and relief personnel will come but it may take hours, possibly days, for them to reach everyone!</p> <p>Local, state and federal emergency officials stress that you should be prepared to be self-sufficient for a MINIMUM of 72-hours. You should have at least a 72-hour supply of non-perishable food, water (1 gallon/day per person), and supplies, including medications, for each person and animal in your home. Don't forget about a kit for your car and work as well.</p> <p>Get a kit! Here are the options:</p> <p>Make your own kit (visit www.ready.gov and click on "Get A Kit" to get a list of recommended items/quantities), or</p> <p>Purchase ready-made kits (visit www.redcross.org and click on "shop our store" for kits and supplies)</p>	<p><u>MAKE A PLAN:</u> One of the most important things you can do for yourself and your family is plan!</p> <p>What will you do? Where will you go? How will you reunite if you and your family are separated?</p> <p>Go to www.ready.gov and click on "Make A Plan." You'll find a list of simple and practical steps that you can take.</p> <p>As much as possible, involve all family members in the planning process. Once the family emergency plan is complete – be sure to give a copy to all family members AND practice your plan!</p> <p>Keep in mind – developing and practicing an emergency plan will: 1) improve your family's confidence in their ability to handle an emergency, and 2) help them be better prepared if you're separated when an emergency occurs.</p>
<p><u>BE INFORMED:</u> Protect yourself and your families... remain updated on incidents and warnings affecting our community. The following free services will keep you informed by delivering alerts to your e-mail and cell phone:</p> <p>AlertPA: Sign up to receive weather watches and warnings affecting our community. Pennsylvania officials use AlertPA to provide citizens and partners with timely information to assist them in making informed decisions. Sign up at: https://alert.pa.gov</p> <p>Lehigh County Emergency Notification System: Lehigh County Office of Emergency Management can notify its residents and visitors of emergency situations or situations that may warrant community notification, such as during major or prolonged weather events. These notifications are meant to provide information that is critical to the safety and well being of the county's residents and visitors. Most landlines are already registered, but you should register your cell phone(s) also. Go to www.lehighcounty.org and click on the "Lehigh County Emergency Notification System" button.</p> <p>Go to www.ready.gov and click on "Be Informed" to learn additional preparedness steps to stay informed.</p>	<p><u>GET INVOLVED:</u> Support disaster preparedness and response efforts in our community. Get trained and volunteer with one of the following:</p> <p>Community Emergency Response Team (CERT): CERT is about "Neighbors Helping Neighbors" during an emergency. Following a disaster, volunteer CERT members use their training as part of a neighborhood team to help others when professional responders are overwhelmed or not immediately available. When emergency responders arrive, CERT members provide useful information to responders and support their efforts. CERT members can also volunteer to assist with non-emergency projects that improve the safety and welfare of the community. For more information about CERT and free CERT trainings, contact Tanya Hook at Lehigh County Emergency Management Department via 610-782-4600 or tanyahook@lehighcounty.org.</p> <p>Medical Reserve Corps: Health professionals, as well as non-medical personnel with other skills and experiences, fill important roles during the response to public health emergencies. Allentown Volunteer Medical Resource Corps (AVMRC) are community members who volunteer with the Allentown Health Bureau (AHB) and disaster response professionals during emergencies and at other times throughout the year to address the public health needs within the City of Allentown. For information about AVMRC, visit www.allentownpa.gov/avmrc or call AHB at 610-437-7660.</p> <p>Go to www.ready.gov and click on "Get Involved" for additional suggestions.</p>