

DO 1 THING GOAL FOR MARCH: SHELTER

Know how to respond safely when instructions are given to evacuate or take shelter.

In a disaster you may be asked to either evacuate or shelter-in-place. In the excitement of an emergency, it can be difficult to focus on what you are doing. Know what to do to keep your family safe. Practice your earthquake and fire safety plans. If your family has practiced, they will be more comfortable doing it when the emergency actually happens.

1. **Sheltering: Identify the best storm shelter in your home and practice getting to the shelter with your family.**

Choose the best place in your home or workplace to shelter in an emergency. Know where to go and practice. If you have to evacuate, know where you are going and how to get there in advance.

2. **Sheltering: Make a Go Bag for emergency sheltering.**

Emergency shelters will be opened when people are displaced from their homes. In most areas emergency shelters are operated by the American Red Cross.

The shelter will provide:

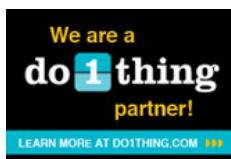
- A cot to sleep on
- Meals and bottled water
- A nurse for basic medical care
- Information about the disaster from public officials

You may need to bring

- Pillow and blanket
- Your own medication and medical supplies (or a list of what you are taking, dosage, and Dr's names)
- Identification
- Change of clothes
- Cards or magazines
- Comfort items

Not allowed at the shelter

- Weapons or alcohol



Check out this link for more information and help getting prepared:
<http://do1thing.com/audiences/individuals>

****MAKE TIME and GET STARTED TODAY! You will be glad you did.****