



CATAWBA COUNTY EMERGENCY SERVICES

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CATAWBA COUNTY EMERGENCY SERVICES' TOP 10 LIST FOR EMERGENCY PREPAREDNESS

10. Install smoke and carbon monoxide detectors in every level of your home.
9. Take a first aid and CPR class.
8. Keep an updated list in your wallet or purse of all your medications, the dosage and how often you take them. Check the list every month to make sure it is current.
7. Learn how to shut off the natural gas and water at your house.
6. Do a volunteer activity in your neighborhood or community at least 4 times per year. Research has shown that people who volunteer in their community are better prepared for disasters, know more about who needs help and how to get help.
5. Sign up for Community Alert System messages so that you will receive important messages during and emergency in your immediate area.
4. Learn how to use a fire extinguisher.
3. Have a 3 day supply of bottled water and canned or non-perishable food stored in your house (add a can opener that does not require electricity to your supplies).
2. Teach everyone in your home over the age of 3 years old how to call 9-1-1 and why they need to know this.

The number one thing to do to be prepared:

1. Make a list of emergency contact numbers that includes: all your family members, at least one out-of-state contact, your doctors, children's schools, insurance companies and local banks you use. Give a copy to every family member, put one in your children's back-packs, your cars and somewhere at your workplace.