

Family Focus

FROM ERIC



PLANNING FOR EMERGENCIES: THREE STEPS TO BE PREPARED

In less than an hour, you can help yourself and others toward safety.

Family,

Here is more information from the Missouri Department of Health and Senior Services to help us as a church be prepared in case of a local or national emergency.

In our everyday lives, we strive to set a good example for our children, others in our congregation and our communities. We try to do that in every aspect of our lives, whether it's maintaining high ethical standards at work, showing our children how to be good citizens, or helping others in times of trouble. When emergencies happen, we are often called on for help and advice. As community leaders, it is our responsibility to become prepared before an emergency strikes and to help others do the same.

Preparing for an emergency is easy and takes less than an hour. The Missouri Department of Health and Senior Services developed a program called Ready in 3. This program, which has only three steps, is an easy way to learn how to prepare for an emergency and is simple to teach others.

Step 1: Create a Plan

Your family may not be together when an emergency happens, so it's important to have a plan in place so you know what to do. Talk about how you will reach each other in different situations and designate an out-of-town friend or relative to act as the contact for the entire family. You should also make plans and be prepared for two situations – stay at home or evacuate.

Step 2: Prepare an Emergency Kit

During an emergency, you may not be able to get to food or water for days or weeks, and your electricity may not be working. For each person in your plan, try to have three days worth of food and fresh water - one gallon of water per person for each day. Your emergency kit should also include a first aid kit, battery-powered radio, flashlight, extra batteries, and a list of prescription medicines. The kit should be kept in a large bag or plastic container that can be easily carried in case you need to leave home.

Step 3: Listen for Information

It is important to stay calm in an emergency and get as much information about the situation as possible. If there is no electricity, make sure to have a battery-powered radio with extra batteries so you can listen for updates and instructions from city, county, and state officials on what to do and where to go.

Through God's help, lets prepare ourselves so that we can serve others.

In Him,

A handwritten signature in black ink that reads "Eric".