

# National Preparedness Month: How Ready are You?

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September is National Preparedness month. Code Ready is a statewide initiative designed to help Minnesota residents get organized with personal and family preparedness in the event of a major emergency. Good emergency planning involves getting informed, getting your family prepared, then helping at local and community levels to get others prepared.

Code Ready recommends that we: *Get Informed. Get Prepared. Get Connected.*

## Get Informed

Code Ready is designed to help Minnesota residents get organized with personal and family preparedness in the event of a major emergency. There are different types of possible emergencies in Minnesota: fire, weather, utility breakdowns, animal or human disease outbreak, chemical incident, explosion, flood, transportation incident, or terrorist.

### Get Prepared: *Plan for the unexpected.*

- Have a communication plan. Household members may not be together when an emergency occurs. Decide how communication will occur.
- Have a stay plan. For some emergencies, staying in your home (and sheltering-in-place) is the best plan.
- Have a go plan. Follow instructions from public safety officials when leaving (evacuating) your home or neighborhood is the best plan.
- Unique situations and special needs plan. If your household includes people with disabilities or special medical needs, careful planning will be necessary. Plan ways to handle different emergencies in high rise buildings or a moving vehicle.

## Make a Kit

**Water:** This is the most important item in your kit. Put one gallon of water for each household member per day for drinking and personal care. You may need additional water for pets and cleaning. **Food:** Store at least a 3-day supply of non-perishable food. **First Aid:** A well-stocked first aid kit will allow household members to treat minor injuries, such as cuts or burns, which may occur during an emergency. **Clean Air and Warmth:** Along with food and water, clean air and warmth are the most basic needs that must be met for all household members. **Additional Supplies:** Other supplies might include cooking items, equipment such as flashlights and portable radio, and personal care and sanitation items. **Unique Family Needs:** Certain members of your household, such as infants, seniors and pets, will require special items to meet their needs.

## Get Connected

If everyone in Minnesota is informed and prepared for an emergency, the state will be able to respond effectively to a large-scale emergency. So get connected. Find out what your city, employer, church or other organization is doing to be prepared. Then join in

and help out. Everyone has a tremendous opportunity to take action and influence others to get involved.

For detailed information on how you can get ready [www.codeready.org](http://www.codeready.org)