

BE YOUR OWN HERO

GET READY FOR EMERGENCIES

COLLECT AND STORE THESE 10 ESSENTIAL ITEMS TO GET READY FOR AN EMERGENCY.

Place your emergency supply kit in waterproof bags.

Store the bags in one or two emergency containers, such as plastic tubs, unused trash cans or duffel bags.

Store your kit where family members can locate it.

Try to have enough food, liquid, batteries and other supplies to last one to four weeks depending on the emergency.

For more information about emergency preparedness, contact:

ADPH, Center for Emergency Preparedness
adph.org

Alabama EMA
ema.alabama.gov

U.S. Department of Homeland Security
ready.gov

Centers for Disease Control and Prevention
cdc.gov

Health and Human Services
pandemicflu.gov

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ADPH.ORG

Alabama Department of Public Health | Call Toll Free:

1-866-264-4073

For TTY call Alabama Department of Rehabilitation Services

1-800-499-1816

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LEARN MORE AT
ADPH.ORG



- 1 WATER
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