Act now to gather supplies and learn the skills you need to prepare and protect yourself and others in an emergency.

Gather enough personal needs, like food, water, and medical supplies, to last your family, including pets, at least 3 days.

Make a first-aid kit that includes gloves, a thermometer, waterproof bandages, and antibiotic cream.

Prepare for power outages with backup and alternative lighting and power sources, such as flashlights and a power bank for your cellphone.

Talk to your doctor and your pet’s veterinarian about creating an emergency supply of prescription medicines.

Collect and protect important paperwork, such as insurance cards and personal identification.

Have multiple, well-fitting masks for everyone ages 2 and older. Know and follow the masking recommendations and requirements of your state and local health departments.

Learn, practice, and teach others important practical skills, such as frequent handwashing, that can protect your health in an emergency.

When soap and water are not available, use hand sanitizer with at least 60% alcohol to keep hands clean.

Carry household disinfecting wipes to kill germs on frequently touched surfaces.

Prepare for everywhere—your home, work, and vehicles—because emergencies can happen anywhere.

For more information visit: www.cdc.gov/prepyourhealth