

## Emergency Preparedness: *Do* take it Personally

No one can prepare your family for a disaster like you can. Because no one knows the personal health and healthcare needs of your family like you do. Take your family's emergency preparedness personally. Get started by knowing the basics:

- Create an emergency water supply of *at least* 1 gallon of water per day for each person and pet. A 2-week supply is better. Strongly consider storing even more water if you live in a hot climate, for pregnant women, and for family members who are sick.
- Your emergency supplies kit is not a dumping ground for all the forlorn and forgotten things in your pantry. Take into consideration your family's dietary needs, likes and dislikes, and—of course—any food allergies and medical conditions when choosing foods for your kit.
- Are you one of the many millions of Americans who take a prescription medication as part of your daily routine? If so, be prepared with an ample supply of medications and the devices and supplies necessary to take or administer the prescription.

Remember to update your supplies every six (6) months and/or if the needs of your family change. Remove, use, and replace any food and store-bought water, prescription medications, and supplies before they expire. Replace non-store bought water every 6 months.

For more information, tips, and lists, visit [cdc.gov/prepyourhealth](https://www.cdc.gov/prepyourhealth).