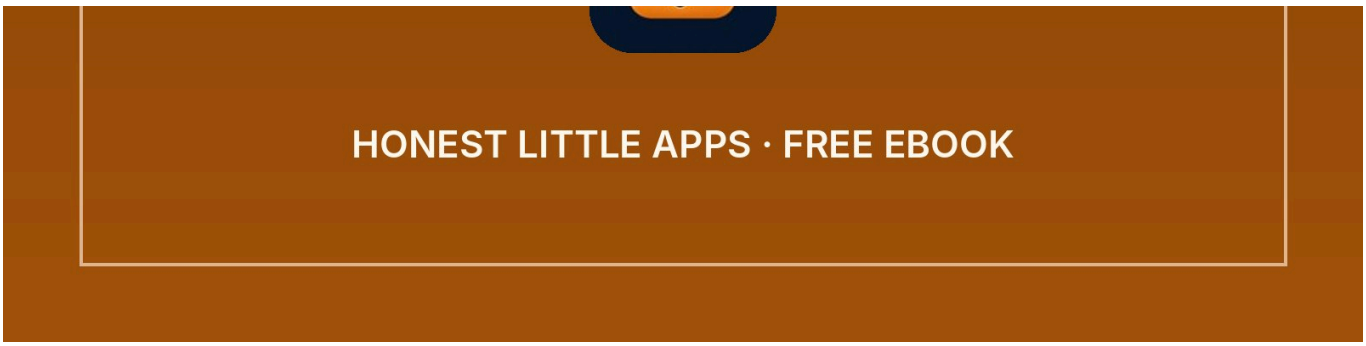
Family Emergency Prep, Month by Month

Small steps to a ready household





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Fourteen practical steps, spread out so it never feels like a project: alarms, kits, contacts and a family plan.

Test smoke and CO alarms

Press the test button on every smoke and carbon monoxide alarm. The US Fire Administration recommends testing monthly.

Preparedness: Winter storm prep

This month's 15-minute task: Check alternative heat sources are safe and carbon monoxide alarms work. Never run a generator indoors.

Preparedness: Winter check

This month's 15-minute task: Check your car kit (blanket, scraper, water, phone charger). Make sure everyone knows how to shut off the water main.

Preparedness: Go-bag refresh

This month's 15-minute task: Open the go-bag: replace expired food and water, update medications and check batteries.

Preparedness: Paperwork

This month's 15-minute task: Photograph IDs, insurance policies and prescriptions, and store copies somewhere secure you can reach from any phone.

Clocks change: replace alarm batteries

Clock-change weekend is a good reminder to check smoke and CO alarm batteries (unless they're sealed 10-year units).

Preparedness: Severe weather season

This month's 15-minute task: Review where you'd shelter for a tornado or severe storm (lowest floor, interior room, away from windows).

Preparedness: Contact card

This month's 15-minute task: Update the family contact card: an out-of-area contact, school numbers, doctors. Put a copy in every wallet and backpack.

Preparedness: Hurricane and heat season

This month's 15-minute task: If you're in a hurricane area, know your evacuation zone. Plan how you'll stay cool if the power goes out.

Preparedness: Water

This month's 15-minute task: Store at least 1 gallon of water per person per day for several days (Ready.gov suggests at least 3 days for evacuation and 2 weeks at home).

Preparedness: First aid

This month's 15-minute task: Check your first-aid kit. Restock bandages, pain relievers and any personal medications.

Preparedness: National Preparedness Month

This month's 15-minute task: September is National Preparedness Month in the US. Practise your plan: where would you meet if you couldn't get home?

Preparedness: Fire safety

This month's 15-minute task: Practise a home fire escape. Two ways out of every room, and a meeting spot outside.

Preparedness: Power outage kit

This month's 15-minute task: Flashlights, batteries, a power bank, and a way to get alerts without power (a battery or crank radio).

Want more?

This book comes from **Family Ready: Emergency Plan**, a free iPhone app: https://apps.apple.com/us/app/family-ready-emergency-plan/id6792019825

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