



Large-scale emergencies happen and devastate entire cities in a matter of hours, as the world witnessed too frequently in 2017. Residents in cities like Houston, Tampa and Key West residents were flooded out of their homes, schools, businesses and even hospitals. Most had some warning that danger was headed their way and quickly created a plan to leave or a plan to stay.

Other emergencies that did not provide any warning, such as the mudslides in Los Angeles, CA and the earthquake that shook Mexico City. It is difficult to think if you only have a matter of minutes or seconds, so what would you do or what should you do?

When faced with disaster, a majority of people grab their cell phones, which is a great first step, but much more needed in the case of an emergency.

Fortunately, Southern Nevada has not been faced a large-scale natural disaster. Historically, Southern Nevadans face smaller scale emergencies such as floods, fires, extreme heat and cold exposure, though each can temporarily or permanently displace you and your family.

Although, it may be impossible to be prepared for everything that may occur during an emergency, you can definitely be more prepared to sustain yourself for 48-72 hours until help arrives.

How to Prepare for Disaster

- Have your emergency stash in one area in your home

- Make sure your whole family knows where your stash is located
- A backpack containing vital supplies that can last approximately 48-72 hours is best
- Create a second backpack for your car as well
- Keep your plan simple and communicate it during family gatherings.
- Designate a primary and alternate meeting place, in case of a city-wide emergency

Assemble Your Go-Bag

Below are some items to consider including in your go-bag for both your home and your car. When making your bag, remember you may need to be to run or even swim with it.

- Cell phone and backup charger
- Cash
- Personal identification with copies for each member of your family
- Extra medications (especially life-sustaining medications such as insulin, with names and doses listed)
- List of important phone numbers, account numbers and emergency contacts
- Change of clothes
- Feminine hygiene products
- Compact blanket(s)
- Plastic trash bag (large)
- First Aid Kit
- Rope
- Flash light and backup batteries
- 1 liter of water
- Lightweight, shelf-stable snacks like jerky, honey packs, peanut butter packs, baby food and hard candy
- Small Ziploc bag containing irreplaceable family mementos, if you still have room

Resources: American Red Cross; Centers for Disease Control and Prevention

If you fail to plan, you plan to fail.

If you have been diagnosed with diabetes, high blood pressure, high cholesterol, asthma, COPD or a high-risk pregnancy, please call 855-404-9355 or email advocates@wellhealthqc.com to enroll in one of our Teacher Advantage Health programs for a \$0 copayment to see your specialist!

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