

# Is your family prepared for an emergency?

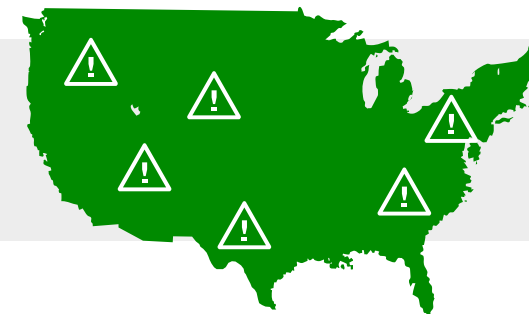
## 5 steps to ensure your family is resilient after a disaster



Save the Children

HELPING TO SAVE ONE MILLION CHILDREN'S LIVES

Save the Children reports that DC and 18 states within the US lack basic preparedness standards to protect families and children when a disaster strikes. According to a survey by Columbia University's National Center for Disaster Preparedness, 'less than 4 in 10 families have an adequate plan'. Let's change that statistic. **Take 5 easy steps to make sure you have a plan in place to protect yourself and your family in case of an emergency.**



### 1 Be aware

Know the risks of natural disasters in your area.

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### 2 Ensure sufficient food and water supply

Be prepared to supply family (and pets) with food and water for 72 hours.

[Click here for more information](#)



### 3 Have an emergency kit available

Include such items as flashlight, batteries, important documents and comfort items.

[Click here for more information](#)



### 4 Be prepared to stay or go

Establish plans for sheltering in place or evacuating.

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### 5 Communicate

Memorize or write down important phone numbers, ensure your children have 'in case of emergency' (ICE) cards and communicate preparedness plans with family.

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Learn more about making a plan for your family and the [Resilient Children / Resilient Communities Initiative](#)

National Center for  
Disaster Preparedness  
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