GET A KIT

Collect these essential supplies to last at least 3 days for each family member.

3 days of water and food that won’t spoil and doesn’t need electricity to prepare

1 gallon of water per person per day for drinking and hygiene

A battery-powered and/or hand-crank radio. Extra batteries.

A written family emergency plan

Additional items

Flashlights

First-aid kit, including a list of allergies, and extra contact lenses or glasses

Toilet paper, soap, plastic garbage bags and personal hygiene items

A written list of prescriptions, the prescribing doctors and at least a week’s supply of medications

Special items for elderly or disabled family members

Pet information and supplies

If you have to evacuate your home, take your emergency supply kit. Try to stay with family or friends, in a hotel or motel, or public shelter. For more information, visit www.ReadyVirginia.gov.
Keep written contact information with you at all times. Use this form to write down your family’s emergency plan. Post a copy where family members can see it, and put a copy in your emergency kit.

During an emergency, it’s often easier to reach family or friends who live out of town.

Out-of-town contact:

Call or text #:
1
2
Email:

Where can you reach your family during an emergency?

Workplace and phone:

School and phone:

Workplace and phone:

School and phone:

Doctor:

Phone:

Veterinarian:

Phone:

Medication:

Dosage:

Prescribing doctor:

Insurance:

Phone:

Medication:

Dosage:

Prescribing doctor:

Out-of-town meeting place and phone:

Out-of-town meeting place and phone:
Most communities in Virginia have been affected by some or all of these disasters, and other types, too.

Learn about the types of disasters, both natural and accidental, that are most likely to happen where you live, work and go to school.

Ask your community officials and schools about their emergency plans. What is their plan for evacuating or sheltering?

Stay tuned to what’s going on around you. Be aware when there are weather-related or other types of threats.

A NOAA Weather Radio is the best way to get weather warnings for your area. They carry weather information from local National Weather Service offices 24/7. http://www.nws.noaa.gov/nwr

Listen to local TV and radios for information from emergency officials. Have a battery-powered and/or hand-crank radio to get information when the power is out.

Sign up for emergency alert notifications through your local government.

Get the Ready Virginia app for your mobile device, available on the iTunes App Store and on Google play.

Ready Virginia is an educational campaign that promotes emergency preparedness through three basic steps: get a kit, make a plan, stay informed. This document was prepared under a grant from FEMA’s Grant Programs Directorate and the Department of Homeland Security.