

# 3DAYS3WAYS

ARE YOU READY?

3 days, 3 ways is a public motivation campaign urging citizens to prepare themselves for all types of emergencies or disasters.

## Three ways to get prepared

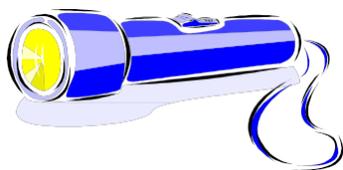
1. Make a Plan
2. Build a Kit
3. Get Involved

Make sure you have enough supplies for **three** days.

- Include foods such as protein bars, granola bars, beef jerky, canned and vacuum packed foods and other non-perishables.
- Unless otherwise labeled, food and water needs to be changed every six months.
- Make sure you have at least one gallon of water per person, per day. Do not forget water for pets.
- You can also purchase ready-made emergency preparedness kits from a variety of places including camping supply stores and your local Red Cross.

## Make a Plan

- Be aware of local hazards.
- Plan in advance what you and your family will do in an emergency.
- Your plan should include a communications plan, a meeting point, and instructions on sheltering-in-place or evacuating.
- Go to [www.ready.gov](http://www.ready.gov) for more information and templates to get you started.



## Build a Kit

- Prepare a kit of emergency supplies that will allow you and your family to survive for at least 3 days following a major disaster. Don't forget medications.
- The kit should include basic items like water, food, battery-powered radio, matches, flashlights and a first aid kit.

## Two Ways to Purify Water

**BOILING** – Bring water to rolling boil for 3-5 minutes, cool. Boiling is the safest method of purifying water.



**DISINFECTION** – Use household liquid bleach that contains 5.25% sodium hypo-chlorite (do not use scented or colorsafe bleaches). Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes.



## Get Involved

- Take a course in CPR and basic first aid.
- Volunteer with your local Red Cross.
- Get trained in emergency response with the Community Emergency Response Team. (CERT)