

do 1 thing

SMALL STEPS TOWARD BEING PREPARED FOR AN EMERGENCY

Do 1 Thing is a web-based, twelve-month preparedness program that focuses on a different area of emergency preparedness each month. Emergency preparedness doesn't have to be hard or expensive. Do one thing a month and in a year you will:



Understand what puts you at risk from disasters and take steps to lower your risk.



Find out how to have and store 72 hours (3 days) worth of water for your household.



Know how to respond safely when instructions are given to evacuate or take shelter



Have a food supply that will meet the needs of your household for three days without outside assistance.



Make your community stronger by getting trained and getting involved.



Be prepared to handle emergencies without outside assistance for 72 hours.



Have the ability to locate and communicate with family members during a disaster.



Make sure everyone in your household can receive, understand, and act on information received in an emergency.



Make sure the people that depend on you are prepared for disaster.



Know what to do when the power goes out.



Remember important items that may be overlooked when leaving your home.



Be prepared to deal with medical emergencies while waiting for first responders.