Preparing makes sense

In the past, dust storms, earthquakes, flash floods, wildfires, extreme heat, and severe winter weather have threatened the Southwest. Now consider the possibility of home fires and even terrorist attacks. Are you prepared to make it on your own for a few days in the event of an emergency? Southwest Native people recognize the importance of self-reliance as individuals and part of a community. Simple preparations today can keep you safe during a disaster or emergency. Have a plan. Be ready.

Recommended Supplies to Include in a Basic Kit:

- Water, one gallon per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food like dried fruit, meat or fish, protein bars, and canned goods
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- Local maps
- First Aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, to help filter the air
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter in place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Copies of wills, family records, health insurance cards, medical records, tribal ID cards, deeds, credit or debit card and bank account information, in a waterproof container

During an emergency you also may need:

- Infant formula and diapers
- Cell phone and charger
- Cash or traveler’s checks
- Change of clothes
- Prescriptions and a week-long supply of medications
- Eyeglasses, hearing aid batteries, wheelchair batteries, oxygen
- Operating instructions for lifesaving equipment
- Pet food, extra water, supplies, and medical records
- Books, playing cards, toys, comfort items

Preparing makes sense for American Indians and Alaska Natives. Get ready now.

ready.gov
Plan to Evacuate if Instructed

3. Pick tank members—name, the place, and off network, doctors, and equipment. Keep a game or song to help younger children memorize important information.

Be informed about what might happen.

Some of the things you can do to prepare for the unexpected are the same regardless of the type of emergency. However, it’s important to stay informed about what types of emergencies are most likely to affect your community.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities. Above all, stay calm, be patient, and think before you act. With these simple preparations, you can be ready for the unexpected.

For more details about disaster planning, visit ready.gov or call 1-800-BE-READY