

## **Information to Prepare for Emergencies**

There are many resources to help families and individuals plan for emergencies. State and federal resources have been compiled here.

### **Maine Emergency Management Agency (MEMA)**

MEMA also suggests learning about the types of emergencies and learning about shelter locations and town plans. They add that it is important to know alternate routes out of town, and roads that lead away from the emergency, if main roads are inaccessible. Planning for every member of your family is important. Therefore, MEMA suggests planning for yourself, your spouse, children, pets, and any elderly or disabled individuals living with you. Each individual has different needs and planning for those needs in an emergency ensures they are safe and healthy at all stages of the emergency.

MEMA also suggests checking your home insurance coverage, so you know what types of events would be covered, such as flood insurance.

Having a contact out of town, if possible, is important as well. This way someone knows if you and your family are evacuating, where you are going, and when you get there.

Having 3 locations for your family to meet ensures everyone is accounted for and safe. If there is a need to evacuate and your family is separated, these meeting points are crucial for staying together. MEMA suggests these 3 locations, depending on the type of emergency: outside of your home, outside of your neighborhood, and outside of your town.

### **Ready.gov**

Ready.gov is a part of the Department of Homeland Security. They advise that as a part of your planning, you should first learn about the types of emergencies that are most likely to occur in your area. Second, you should learn where the shelters are located within your town and learn about the town's plans and what their processes are during emergencies. This information is most likely going to be found on town websites.

### **American Red Cross**

The American Red Cross is an important organization directly involved in emergencies and preparedness. They respond to communities when disaster strikes, to aid community members and their families after the emergency is over. They are able to open shelters, distribute food, water, and other necessities. If first aid is needed, they are also able to distribute emergency supplies to aid any victims of the disaster.

## **Preparing your supplies**

MEMA has “grab-n-go” bag options, which includes many essentials for emergency preparedness. This includes up to a week of food and water, medications, and pet needs.

The CDC also has an extensive checklist with different sections for your children and your pets.

It is important to note that the items on these lists may not pertain to every family, and there may be items not on these lists that pertain to families. These are the most important items, and can be adjusted to fit everyone’s needs.

### Helpful links:

[Evacuation | Ready.gov](#)

[Build A Kit | Ready.gov](#)

[Older Adults Emergency Preparedness | American Red Cross](#)

[Disaster Relief Services | American Red Cross](#)

[Older Adults Disaster Prep 1Pager\\_07272020.pdf \(redcross.org\)](#)

[Emergency Kit Checklist for Kids and Families | CDC](#)

[Keep Food Safe After a Disaster or Emergency | Food Safety | CDC](#)

[Emergency Supplies - Grab & Go Bag | Maine Emergency Management Agency](#)

[Make a Plan | Maine Emergency Management Agency](#)

[Emergency Management Agency | Cumberland County, ME - Official Website](#)