

Get Ready: Emergency Preparedness for the First 72 Hours

In an emergency, being ready for the first 72 hours is critical. Here's how to prepare:

1. Build an Emergency Kit:

Keep essential supplies to last 72 hours:

- **Water:** 1 gallon per person, per day for drinking and sanitation.
- **Non-perishable food:** Easy-to-open, ready-to-eat items.
- **First aid kit:** Bandages, medications, and other essentials.
- **Flashlight and batteries:** For light during power outages.
- **Phone chargers:** Solar or battery-powered.
- **Important documents:** ID
- **Cash:** Small bills for emergencies.
- **Extra clothing and hygiene items:** Include face masks, soap, and hand sanitizer.



2. Create an Emergency Plan:

- **Communication:** Identify two emergency contacts outside the area.
- **Evacuation routes:** Know how to exit campus and where to go for the evacuation areas on campus.
- **Meeting places:** Establish safe locations off-campus.
- **Special needs:** Plan medical needs.

3. During the First 72 Hours:

- **Stay informed:** Use a battery-powered radio or phone for updates.
- **Conserve supplies:** Ration food and water carefully.
- **Evacuate or shelter in place:** Follow official instructions on whether to stay or leave.
- **Safety first:** Avoid floodwaters, downed power lines, and damaged buildings.

Be prepared, stay safe, and protect yourself and others during the critical first 72 hours of an emergency.