

## **A Beginning to Your Family's Personal Preparedness**

During recent years, the Northwest Georgia area has experienced extreme weather conditions impacting property and lives across the region. As a few examples, in 2009 flooding occurred in Chattooga County forcing residents to be evacuated. In 2011 and in 2013, a number of counties in our area experienced tornadoes causing widespread damage to homes and businesses. In 2014 and this year, Northwest Georgia experienced winter snow storms affecting the area for days. These events show that although Northwest Georgia is located in the Southeastern portion of the United States where weather is relatively mild year round, our area can experience a wide range of weather conditions.

Since the weather is not entirely predictable, it is always important to make sure you are prepared regardless of the expected forecast. Webster's Dictionary defines the word "prepare" as "to make ready in advance or ready for something." Are you and your family prepared for the potential weather conditions that may be experienced in this area? If not, you should at least consider a personal preparedness kit for you and your family.

All you need for your basic kit are a few simple items: one gallon of water per person per day for three days, a nonperishable food supply for three days, a first aid kit, a flashlight with batteries, a weather radio and extra clothing. It is also important to consider any prescription medications you may need, cash, important family documents and supplies for household pets. You can get an extended list of items for your personal preparedness kit at [www.ready.gov](http://www.ready.gov).

Extreme weather conditions can and will occur in Northwest Georgia, and having a personal preparedness kit can help you and your family be at ease whether you are experiencing a power outage or are stranded in your home for an extended period of time. Northwest Georgia

Public Health is committed to educating the citizens of Northwest Georgia in Emergency

Preparedness by promoting preparedness as a way of life, ensuring lives, property and resources

are safe from harm.