Although we don’t have hurricanes and tsunamis in Minnesota, we do have disaster-causing storms. Plus, there is the added threat of a worldwide flu outbreak. Are you and your family prepared? Follow these 3 basic steps and you will be.

1. **Make a Disaster Plan**

   - Keep phone numbers of family members with you, to reach each other quickly.
   - Choose a person outside your city that family members will call when they can’t reach each other. Make sure everyone has this phone number.
   - Know where and how to turn off your water, gas, and electricity.
   - Plan what to do with your pets. Prepare to take them, a pet disaster kit, and a copy of their immunization info with you. For more information:
     - [www.hsus.org](http://www.hsus.org) (Disaster Services > Disaster Preparedness Resources > Disaster Preparedness for Pets)
     - Richfield Animal Control
   - Get to know your neighbors; they can be of great help in an emergency.

2. **Buy or Make a Disaster Kit.**

   - Store these supplies in a backpack or container:
     - Three-day supply of water (one gallon per day per person)
     - Canned or dried, ready-to-eat, healthy foods and manual can-opener
     - A first aid kit and over-the-counter medications
     - Rotary or battery-operated radio and flashlight, and extra batteries
     - Hygiene items: soap, toilet paper, toothbrush, feminine products
     - Basic tools: hammer, pliers, scissors, knife
     - Plastic trash bags and duct tape
     - Games, books, cards, and toys for children
     - Personal ID and medical information
     - Prescription medications (at least a 3 day supply)
     - Clothing and bedding
     - Pet food and supplies
   - Additional supplies for a world-wide flu outbreak:
     - Two weeks supply of nutritious food and water
     - A one month supply of prescription medications
     - Keep a copy of your prescription information with pharmacy numbers, doctors’ names, medication names, and dosages
     - Electrolyte fluids (e.g. Gatorade)
     - Multivitamins
     - Essential medications: ibuprofen (e.g. Advil) or acetaminophen (e.g. Tylenol), and an antidiarrheal (e.g. Imodium, Pepto Bismol)
     - Digital thermometer and probe cover
     - Alcohol-based hand sanitizer (e.g. Germ-X)
   - Check your supplies every six months. Replace expired items.

3. **Stay Informed**

   - In an emergency, check the City’s website for up-to-date information. [www.CityofRichfield.org](http://www.CityofRichfield.org)
   - Find out what your community is doing to prepare for emergencies.
   - If you are a health professional, volunteer to help during a health emergency by registering on the Minnesota Responds Medical Reserve Corps website. You will be contacted by your county public health department about training opportunities.
     - [www.mnresponds.org](http://www.mnresponds.org)
     - [www.mrc.hennepin.org](http://www.mrc.hennepin.org)
     - 612-543-5234
   - Take a class such as First Aid, CPR, and Individual and Family Emergency Preparedness, through Red Cross or a contact listed below.

   - **Disaster kits and first aid kits** can be purchased at discount stores, sporting goods stores, and online at: [www.redcrossstc.org](http://www.redcrossstc.org)

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**Richfield Are You Prepared for Emergencies?**

For information on Public Health Emergency Preparedness presentations or materials call:
Betsy Osborn at 612-861-9881 or Charlie O’Brien at 612-861-9886

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