

MARCH *It's Not Luck!*

It's not luck – It's being prepared! Understand the risks you and your community may face and prepare now. There are many benefits to preparedness, the most important of which is staying safe and having the tools and resources you and your family will need to recover.

ACTION ITEMS for March. See LINKS for How-To information.

1. Know your risks: Earthquake. Fire. Flood. Mobility.
2. Do you have renters or homeowners insurance? Does your current policy cover your current situation?
3. Review/Refine your emergency plans. Just starting? See links at right to get started.
4. Make it a habit to fill your car's gas tank when it reaches the half full mark. Gas stations may be inaccessible after a disaster.

Stay Kit 'Glamp-at-Home' LIST

- portable AM/FM radio and extra batteries
- blanket or sleeping bag for each family member
- portable waterproof plastic container for paper documents and momentos
- battery powered camping lantern and extra batteries
- extra battery back-up for phone
- large tarp
- camp stove, cook pot, and fuel

Stay Kit GROCERY LIST (3 of 11)

- 8 gallons of water
plastic containers should be replaced every 6 months
- 4 20-oz cans ready to eat soup
- liquid dish soap
- unscented liquid bleach
- heavy duty garbage bags
- saline solution and contact case
- 4 large (32oz) sport drinks
- large plastic food bags
- 1 box of 12 energy/protein bars
- 4 rolls paper towels
- sunscreen
- 2 16-oz cans ready to eat beans
- 4 8-packs of 12-fl oz cans flavored water



Preparedness Calendar is for a family of 4 & 1 pet - adjust to your needs.



FUN FACT

Do not store batteries inside your devices. The batteries will corrode and ruin the device. Instead, store the batteries, and a silica pack or two, in a small plastic bag.

LINKS

1. [Ready.gov Know Your Risks](#)
2. [Ready.gov Plan](#)
3. [Listos Disaster Guide](#)
4. [Ready.gov Communication](#)

REMINDERS

Mark expiration dates on all stored perishables including water, drinks, canned food and bleach. Purchase items you like to consume, rotate your supplies, using older items first.



For more information visit your Martinez Area Community Emergency Response Team, (CERT) www.martinezcet.org

This calendar is designed to break down large tasks into monthly steps to be less overwhelming. The calendar lists many items to be purchased early in the year, before the distractions of the holiday season. While perishables must be replenished, hardware purchases should be mostly one-time expenses. Time purchases to work best for you!