



SEPTEMBER *Preparedness Month*

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. This month let's build your **Go Bag**, so you are prepared!

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

1. Talk with family about emergency, evacuation, and reunification plans.
2. Involve your family in preparing your Go Bags: A Go Bag should have supplies for at least 48 hours; use a backpack or duffle bag. Store your bags in an easily accessible place.
3. Have extra water in your vehicles.

GO BAG LIST (1 of 1) A Go Bag per person. Keep a list within easy reach of grab 'n go items: items in your Stay Kit or in daily use that you might want to grab quickly as you leave. *Adjust to your family's unique needs.*

- list of emergency contacts - include your out-of-state contact
- important papers etc. Keep papers in water-proof pouch or on a flash drive
- warm weather-resistant jacket
- pair of sturdy shoes and warm socks
- energy bars, trail mix, jerky etc.
- phone charger and cord
- money in small denominations: \$1s, \$5s, \$10s.
- a hat and gloves
- long sleeve shirt
- long pants
- a knife/multi-tool
- a lighter or water-proof matches
- extra house and car keys
- water (store extra in your vehicles)
- small flashlight, extra batteries
- emergency blankets
- first-aid kit
- books, stuffed toys for children
- battery powered AM/FM radio and extra batteries
- whistle



What items to grab 'n go?

- ✓ personal computer, cord / charger
- ✓ FMS radios and extra batteries
- ✓ your pet's Go Bag
- ✓ portable charger - keep it charged!
- ✓ your keys, wallet, and cell phone

First-aid Kit

- aspirin/acetaminophen
- adhesive bandages
- medications needed for 2-4 weeks
- hand sanitizer & disinfecting wipes
- roller bandages
- tweezers
- exam gloves
- cold compress
- absorbent dressing
- antiseptic ointment
- personal toiletry items

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A PERSON CAN SURVIVE

- ✓ 3 minutes without air
- ✓ 3 days without water
- ✓ 3 weeks without food

LINKS

1. [Emergency Planning with Kids](#)
2. [Ready.gov Preparedness Month](#)
3. [Ready.gov Go Bag](#)
4. [Red Cross First Aid Kit](#)

REMINDER

Offshore winds happen in Fall and Winter in California. Be alert for **Red Flag Warnings**. A Red Flag Warning means warm temperatures, very low humidity, and stronger winds are expected to combine to produce an increased risk of fire danger. Check your Go Bags now. Stay alert. Stay safe.



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