

Protect Your Children from Danger

- ◆ Always supervise children in or near water.
- ◆ Buckle up your children in proper car seats or seat belts.
- ◆ Never leave a child alone in a car, even for a minute.
- ◆ Never have guns where children can get them. Lock up all types of weapons or keep them out of your home.
- ◆ Use safety gates on stairways to prevent falls.
- ◆ Focus on safety when your children are playing on playgrounds. Watch your children carefully.
- ◆ Post emergency numbers near your phones.
- ◆ Sign up to take a first aid and CPR class so you know what to do in case of an emergency.



Source: American Red Cross at www.redcross.org.

Is there a topic you want us to write about?

Call us! 1-800-815-2323

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This newsletter is not intended to provide medical advice on personal wellness matters, which should be obtained directly from your physician.

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Be Prepared in Case of Emergency

During the month of September, the U.S. Department of Homeland Security and the National Preparedness Month Coalition recommend that all Americans take simple steps to prepare themselves and their families for possible emergencies.

Here are few general tips:

- Keep a full tank of gas in your vehicle if an evacuation situation seems likely.
- Purchase a battery-operated radio so you can listen to emergency instructions. Keep extra batteries on hand.
- Always follow recommended evacuation routes. Avoid taking shortcuts since they may be blocked.
- Establish a location for your family to meet in case of any type of emergency. Also, select a contact person who doesn't live in the area who family members can contact.
- Review the coverage you have for your property, health, and life insurance, and weigh whether it's adequate enough for your needs.



- Consider putting money in a special emergency savings account that can be used in any crisis.
- Make a record of your personal property. Take photos or a video of the interior and exterior of your home. Be sure to include personal belongings in your inventory.
- Store important documents – insurance policies, deeds, property records, and other important papers – in a safe place, such as a safety box away from your home. Make copies of these documents for your disaster supplies kit.
- Plan for your pets in case of an emergency situation. Identify a shelter if you need one, gather supplies they will need, ensure your pets have up-to-date veterinarian records and proper ID, and have a pet carrier and leash available for each pet.
- Prepare a disaster supplies kit. The kit should include basic items like water, food, a battery-powered radio, flashlights, and a first-aid kit. Visit www.ready.gov for a complete list of recommended supplies.



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