

Ready ✓irginia

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www.readyvirginia.gov
www.listovirginia.gov

What is Ready Virginia?



Ready Virginia and its Spanish counterpart, Listo Virginia, are statewide public education efforts to prepare Virginians for emergencies.

Ready Virginia has three core messages:

- ◆ Get a Kit
- ◆ Make a Plan
- ◆ Stay Informed

What is Ready Virginia?



Ready Virginia is a team effort including many state agencies, local governments, the Red Cross and the National Weather Service.



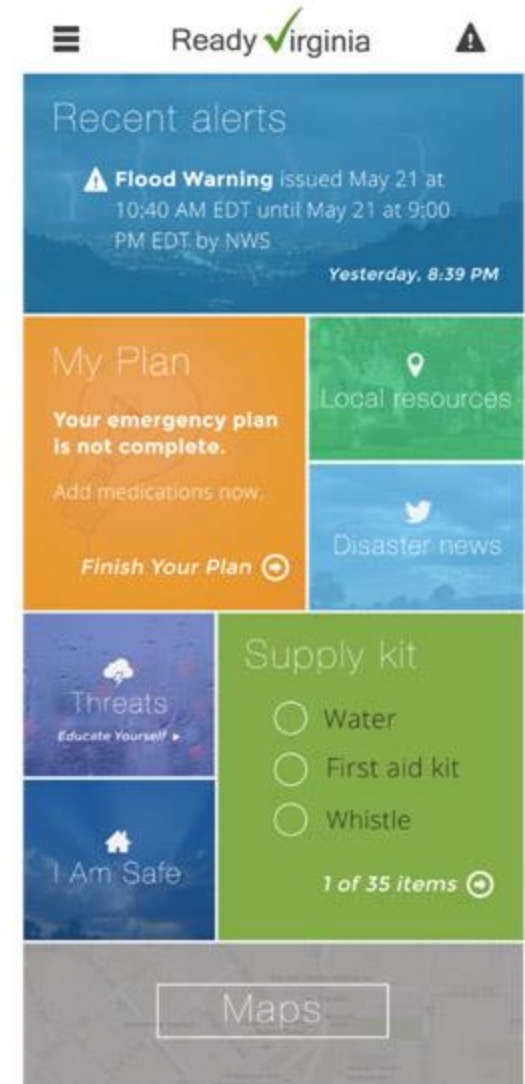
American Red Cross



Ready Virginia App



Download the free mobile app on your iPhone or Android smartphone. With “I am safe” feature Track your emergency plan and kit.



Get a Kit



- ◆ Having a disaster supply kit is essential to making it through a disaster safely.
- ◆ Make sure to have supplies on hand to last each person at least three days.
- ◆ At least once every six months, check your kit and replace any items that may have expired, including food, water and medications.

In case of emergency, have these essential items in your kit

for families

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Keep these articles in a plastic box with wheels, backpack or old suitcase.

<input type="checkbox"/> Water	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Canned food	<input type="checkbox"/> Extra batteries
<input type="checkbox"/> Can opener	<input type="checkbox"/> Blankets
<input type="checkbox"/> Snacks	<input type="checkbox"/> Food for pets
<input type="checkbox"/> Personal hygiene products	<input type="checkbox"/> Whistle
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Tools
<input type="checkbox"/> Trash bags	<input type="checkbox"/> Protective mask
<input type="checkbox"/> Gloves	<input type="checkbox"/> Glasses or contact lenses
<input type="checkbox"/> Battery-powered radio	<input type="checkbox"/> Backpack

Download the free Ready Virginia app for alerts and more information.

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Get a Kit



Recommended items for a basic emergency supply kit include:

- ◆ 3 gallons of water per person
- ◆ 3-day supply of food that doesn't need electricity for storage or preparation
- ◆ Manual can opener
- ◆ Battery-powered or hand crank radio, a weather alerting radio with tone alert and extra batteries for both
- ◆ Flashlight and extra batteries
- ◆ First aid kit
- ◆ Whistle to signal for help
- ◆ Prescription medications and eyewear
- ◆ Dust mask, plastic sheeting and duct tape to shelter where you are
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Wrench or pliers to turn off utilities

Get a Kit for the Car



You may also need supplies in your car:

- ◆ List of emergency contacts
- ◆ Small flashlight and batteries
- ◆ Whistle or other noisemaker
- ◆ Extra set of mittens or gloves, wool socks, wool cap
- ◆ Jumper cables and instructions
- ◆ Small sack of sand or kitty litter
- ◆ Water and snacks
- ◆ Hearing aid batteries
- ◆ Pad and pencil or pen
- ◆ Several blankets
- ◆ Ice scraper



Get a Kit for Seniors/Disabled ✓

Seniors and the disabled also need supplies:

- ◆ Keep the kit light and store it in multiple containers if needed
- ◆ Make a list of prescription medicines including dosage, treatment and allergy information
- ◆ Ask your doctor about how to properly store prescription medications
- ◆ Denture needs
- ◆ Extra eye glasses
- ◆ Hearing aid batteries, wheelchair batteries and oxygen
- ◆ Have contact numbers for pharmacy and medical supply providers for oxygen, dialysis supplies, diabetes supplies, etc.
- ◆ Include a list of doctors, relatives or friends who should be notified if someone is injured
- ◆ Include copies of important documents

Get a Kit for Pets



Last, but not least, pets need supplies:

- ◆ Identification tags on collars
- ◆ Medications, immunization records and a first aid kit
- ◆ Sturdy leashes, muzzles, harnesses, carriers or cages to transport pets safely
- ◆ Carriers should be large enough for the pet to stand comfortably, turn around and lie down. Include blankets or towels for bedding and warmth
- ◆ Current photos of you with your pets in case they get lost
- ◆ Food, drinking water, bowls, cat litter/pan and can opener
- ◆ Information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian
- ◆ Pet beds and toys
- ◆ Treats

Make a Plan



- ◆ Discuss with your family the types of disasters & emergencies that are most likely to happen and what to do in each case.
- ◆ After a disaster, it's often easier to call long distance than to get a local call to connect. Ask an out-of-town friend or relative to be your family emergency contact.
- ◆ Take a first aid, CPR or other class so that you have the knowledge to help yourself and others if needed.



Make a Plan



Everyone in your family should have an
Emergency Contact Card

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www.ReadyVirginia.gov

Poison Control Center: 800-222-1222
Health Care Provider:
Ambulance: Call 9-1-1 or
Fire Dept.: Call 9-1-1 or
Police: Call 9-1-1 or

Important Phone Numbers

Emergency Contact Card
My name:
Phone:
Address:
Meeting place inside our neighborhood:
Meeting place outside our neighborhood:
Out-of-town contact name:
Phone:
Email:

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Poison Control Center: 800-222-1222
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Important Phone Numbers

Emergency Contact Card
My name:
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Meeting place inside our neighborhood:
Meeting place outside our neighborhood:
Out-of-town contact name:
Phone:
Email:

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- ◆ If you do not own a vehicle, learn what your community's plans are for those without private transportation now, before an emergency.
- ◆ Decide now where you and your family will meet in case you can't return home because of an emergency. Keep a record of the location's address and phone number, as well as the phone numbers of your family, with you at all times.

Make a Plan for Seniors/Disabled ✓

- ◆ Does your apartment complex, assisted living facility or nursing home have emergency plans? Find out what they are and practice them.
- ◆ Identify what equipment you use on a daily basis and what you might do if they are limited or not available.
- ◆ For persons with hearing impairments, buy an alert system that features a visual signal, and make plans now through local emergency managers.
- ◆ Wear medical alert tags or bracelets to help identify any disability.

Make a Plan for Seniors/Disabled ✓

- ◆ Teach people who will help you how to use any lifesaving equipment, and administer medicine in case of an emergency.
- ◆ Show others how to operate your wheelchair. Know the size and weight of your wheelchair in case it has to be transported.
- ◆ Following an emergency, some people try to take advantage of others through price gouging and scams. If you suspect someone is trying that, report it to the Federal Trade Commission at 1-877-382-4357 or to the Better Business Bureau.

Make a Plan for Pets



- ◆ Many emergency shelters will not accept pets other than service animals.
- ◆ Talk to your veterinarian or local humane society now about an emergency plan for your pets.
- ◆ If you evacuate, take your pets with you, if possible.
- ◆ Make a plan now for your pet to stay at a friend's or relative's home, a pet-friendly hotel/motel, kennel or vet's office that will shelter your pet in an emergency.



-  Name tags and leash
 -  Medications and first-aid kit
 -  Recent pictures of you with your pet
 -  Snacks
 -  Vet contact info
 -  Pet carrier
 -  Litter box
 -  Toys
- Download the Ready Virginia app
- 
- Available on the App Store  Get it on Google play 

Stay Informed



Before, during and after a disaster, it is critical that you listen for information from emergency officials. Local media will convey instructions from local, state and federal government partners, such as:

- ◆ Orders to evacuate
- ◆ Details about evacuation routes
- ◆ Locations of evacuation shelters
- ◆ How to safely stay where you are
- ◆ Where to find assistance
- ◆ Weather warnings and watches

Learn More Online



- ◆ www.ReadyVirginia.gov is the primary online source for emergency preparedness information in the Commonwealth.
- ◆ www.ListoVirginia.gov contains the same preparedness information translated into Spanish.

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Virginia Department of
Emergency Management

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Ready Virginia

Make a Plan
Get a Kit
Stay Informed
Other Languages
Additional Resources

Contact Us
Find Your Local Emergency Manager

VEOC Status: Routine

Get Ready to ShakeOut.
Register Now at www.ShakeOut.org
10:15 a.m. October 15, 2015

ShakeOut
Ready Virginia.gov

National Preparedness
DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.
SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!
AMERICA'S

Disaster Relief Fund
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Resources for Businesses

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Haga un Plan
Prepare su Equipo
Manténgase Informado
Recursos Adicionales

Contact Us
Find Your Local Emergency Manager

VEOC Status: Routine

TEMPORADA DE HURACANES
1 DE JUNIO - 30 DE NOVIEMBRE. ¡PREPÁRASE YA!

Listo ✓
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Redes Sociales

Preparese para el
Shake Out.
16 octubre 2015

Pase un Invierno Seguro

Pase un Invierno Se...

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