

Use *online* resources to prepare for *offline* emergencies

In the wake of recent disasters, more and more people are turning to social media as a primary source of news and information — and a way to connect with emergency responders and loved ones.

There is a wealth of information online for you to use as part of your disaster preparedness plan.

Mobile apps

FEMA

Receive alerts from the National Weather Service, get safety reminders and locate open shelters. More information is available at <https://www.fema.gov/mobile-app>.

American Red Cross

Help get your family and home ready for a tornado, hurricane, earthquake or wildfire, locate open Red Cross shelters, and get advice for administering first aid for everyday emergencies. More information is available at www.RedCross.org/prepare/mobile-apps.

Ready.gov

Access disaster preparedness tips, an interactive emergency kit list, and a map with open shelters and FEMA Disaster Recovery Centers. More information is available at www.Ready.gov/get-tech-ready.

Mobile Sites

Bookmark important mobile sites to access in the event of a disaster. These include:

American Red Cross

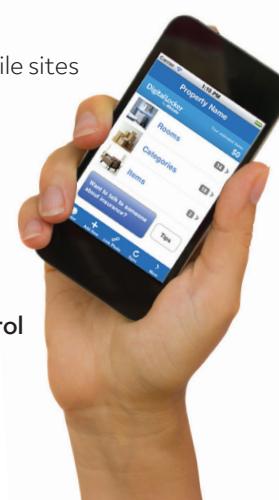
www.RedCross.org

Ready.gov

m.Ready.gov

Centers for Disease Control

m.cdc.gov



The best time to prepare for a disaster is *before* one happens

Disasters don't abide by geographic borders or adhere to timelines. They can happen anytime, anywhere — with little or no warning. But, less than 15 percent of Americans are prepared for one.¹

Every year natural disasters kill around 90,000 people and affect close to 160 million people worldwide.² Since 1980, the occurrence of weather-related disasters has increased by more than 230 percent.³

So how can you be prepared?

You can take three steps:

- 1 Build a disaster preparedness kit
- 2 Create a household emergency plan
- 3 Help your community prepare

Get prepared for any disaster, and then localize

The disaster preparedness information in this brochure will help you be ready for a general emergency. Based on where you live, you also should take steps to prepare your home and family for the specific disasters that are most likely to occur in your area. These may include hurricanes, tornados, wildfires, earthquakes, floods or winter storms.

Not sure what disasters are most probable in your area? Visit www.DisasterSafety.org to find out which emergencies you should prepare for based on your ZIP code.

Find out more about how to prepare for specific disasters at www.RedCross.org, www.fema.gov, and www.Ready.gov.

¹ Federal Emergency Management Agency (FEMA), 2015 Citizen Corps Survey, 2012.

² World Health Organization, 2017.

³ Oxfam, 2012.

Common types of disasters



In high-risk areas, there is at least a 1 in 4 chance of flooding during a 30 year mortgage.¹



45 states are at a moderate to high risk for earthquakes.²



The 2017 Atlantic hurricane season is now among the top 10 all-time most active seasons on record.³



Peak tornado season for northern states is June and July. For southern states it's March through May.⁴



The 2017 wildfire season was the costliest on record, with over \$2 billion spent to fight the blazes.⁵



Blizzards contain large amounts of snow or blowing snow, with winds in excess of 35 mph and visibilities of less than 1/4 mile for an extended period of time.⁶



Disaster Preparedness



Disasters can happen anytime, anywhere.

Are you prepared?

You can take simple steps to help protect yourself and your family if a disaster strikes.



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Three steps to Be Prepared

Step 1

Build a disaster preparedness kit

If disaster strikes, you need to have supplies to help you and your family (and your pets) survive for at least three days.

The Allstate starter kit on the right is meant to get you started to prepare a full disaster preparedness kit at home with your family.

Your disaster preparedness kit should include these basic supplies:

- Water (one gallon per person, per day)
- Ready-to-eat, non-perishable food for family members and pets
- Manual can opener
- Battery-powered or hand-crank radio
- Flashlight
- First-aid kit
- Whistle (to signal for help)
- Dust mask, plastic sheeting and duct tape
- Wet wipes and plastic garbage bags with ties for sanitation
- Wrench or pliers
- Local maps to locate emergency services and shelters
- Extra batteries
- Prescription medication

For a complete list, visit www.Ready.gov/build-a-kit.

Keep your kit at the ready for easy access and use

Store your disaster preparedness kit where it's easily accessible. Be sure everyone in your family knows its location.

Check your kit at least once a year to ensure all your supplies are ready for use.

Step 2

Create a household emergency plan

During an emergency, it may be hard to get in touch with your loved ones. Be sure to create and share a household emergency plan that everyone can access and follow to help you connect during a disaster.

A household emergency plan should include the following information:

- Emergency contact names and numbers — mobile and landline (as an extra precaution, everyone in your family should program "In Case of Emergency," or ICE, contacts in their mobile phones so emergency personnel can contact them if needed)
- Family meeting place in your neighborhood and an alternative meeting place in the region
- Personal details for each family member (date of birth, important medical information, recent photos)
- Addresses and phone numbers of the places family members frequently visit (work, school)
- Contact information for medical providers (doctors, pharmacist, veterinarian)
- Important medical and insurance information, including photocopies of your medical insurance card(s)

Store your information somewhere safe

For a fill-in-the-blank household emergency plan and cards to download, print and keep close at hand, visit www.Ready.gov/make-a-plan.

You can use Google Drive to create an emergency plan that can be accessed online from any computer or mobile device at any time. Find out more information at Drive.Google.com.

Step 3

Help your community prepare

The strength of a community comes from each person who lives in it. By raising your hand to help your community prepare for a potential disaster, you can help people respond to, and recover from an emergency situation.

You also can contact your local American Red Cross chapter to sign up as a disaster volunteer. More information is available at www.RedCross.org.



Start keeping track of your belongings

Digital Locker is a free and easy-to-use app that lets you create an inventory of your home's items and store your information securely in the cloud.

Use the application from a mobile device or desktop to keep a detailed visual catalog of your valuables. Organize your personal property by room or category, take and store photos of your items, and even estimate their value.

Digital Locker makes it simple to manage your personal property and access your information quickly should you ever need to make a claim with your home insurance company. Visit www.digitallocker.com to get started.

