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Ampifying Life

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National Preparedness Month – Part #2

Just a reminder that September is National Preparedness Month. Disasters don't plan ahead. You can. My last article came from the Prepare Kansas Blog. Today's information comes from that site.

The focus of Week #2 was a reminder to review your homeowner's, renter's and auto policies with your insurance company. It is recommended to review your insurance once a year. The purpose of insurance is to cover major losses, which means it is important to make sure the coverage you have is what you want. Be sure to review:

- 1) Policy limits – what value are your items insured for?
- 2) Coverage – which types of losses or disasters are covered or not?
- 3) Deductibles – how much will you have to pay out of pocket? Do you have that amount on hand in an emergency fund?

The focus this week is on having a Grab-n-go Bag. If you needed to quickly leave your home or office, what would you take? By having a bag prepared you don't have to worry about forgetting something in that emergency situation.

There is a complete list of recommended items by FEMA on their Emergency Supply List document for your Grab-N-Go bag at www.ready.gov. Some items you might add to your bag: bottled water, non-perishable food, can opener, battery operated weather radio, flashlight, extra batteries, prescription medication, glasses, crucial personal documents, whistle, first aid kit, and tools like pliers and screwdriver. You should have copies of important family documents like insurance policies, identification, and bank account records in a waterproof, portable container. You also want a complete change of clothes for each person and might consider jackets or bedding. Don't forget items you might need for your pets including food, water and possibly a carrier.

FEMA recommends doing three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and how you would respond. It is recommended to have enough supplies on hand that families could survive for at least three days in an emergency occurred. You might consider having a full grab-n-go kit at your home and smaller portable kits at work, in a vehicle or places you spend your time.

For more information on Prepare Kansas 2017, contact me at the Flint Hills District Extension Office in Council Grove, 620-767-5136 or sdandres@ksu.edu.