

You can get prepared without breaking your wallet! Here are some things that you can do.

Free Disaster Preparedness Activities

- Learn about what types of emergencies where you live or work.
- Learn what to do for various emergencies.
- If you have a smartphone download the FEMA and American Red Cross apps
- Sign up for local emergency alerts at: <https://www.maine.gov/portal/CAS/>
- Create a Fire Escape Plan for your home. Practice the plan.
- Ensure that escape routes inside your home are not blocked.
- Ensure that you can open all windows.
- Create a Family Emergency Plan and Response Checklists. Train the family on your plan.
- Create a Family Reunification Plan
- Create a Family Emergency Communication Plan.
- Take a free training course on Fire Extinguishers and Fire Safety.
- Take a free training course on First Aid.
- Take a free training course on Emergency Preparedness.
- Learn where local emergency shelters are located.
- Store at least 2 weeks of drinking water.
- Inventory all of your personal property.
- Take photos of major property items.
- Learn how to turn off your electricity.
- Learn how to drain your water pipes to keep them from freezing.
- Assemble all of your important documents and put them in a waterproof container.
- Understand how to stay warm without creating carbon monoxide poisoning
- Volunteer with your local emergency management program.
- During a Disaster:
 - Listen to the radio or TV to learn about the latest emergency information
 - Implement your Emergency Plans
 - Check up on neighbors who might need help.

Very Low Cost Disaster Preparedness Activities

- Each week, slowly stockpile inexpensive bulk food such as:
 - Old Fashioned Oatmeal
 - Cans of soup
 - Cans of fruits and vegetables
 - Dry Cereal
- Build a simple first aid kit
- Have Trash bags on hand; they can be used to line your toilet if you have no water.
- Install a carbon monoxide detector in the vicinity of backup heating appliances.

For more information, go to: <https://www.waldocountyme.gov/ema/> or call 207.338.3870.
Waldo County Emergency Management Agency, 4 Public Safety Way, Belfast, ME 04915

We provide information, education and training for the public.