American Medical Response (AMR) reminds you to be prepared and safe during hurricane season. Take time to make sure you and your family are ready should a natural disaster affect your home or community.

Create a Disaster Supply Kit including, but not limited to:
- Water – one gallon of water per person per day for at least three days, for drinking and sanitation
- Food – at least a three-day supply of non-perishable food
- Manual can opener for food
- Seasonal clothing and bedding
- Flashlight and extra batteries
- First-aid kit
- Cellphone with charger, inverter or solar charger

Create and Discuss an Evacuation and Communications Plan:
- Write down the location of shelters, a friend’s home in another town or a motel – including addresses, phone numbers and travel or evacuation routes
- Identify important documents, irreplaceable personal mementos, medications and pet supplies to collect on short notice and take with you
- Establish a friend or relative to serve as family contact
- Create a contact schedule to maximize battery life of cell phones

For more information visit amr.net/safety