

# Redhill EMS Community Emergency Preparedness Guide

Being prepared can save lives. This guide offers simple steps you and your family can take to stay safe during medical, weather-related, and other emergencies.

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## 1. Build a Basic Emergency Kit

Keep your kit in a labeled, easily accessible container. Include:

- Water (1 gallon per person per day for at least 3 days)
  - Non-perishable food (3-day supply)
  - Battery-powered or hand-crank radio
  - Flashlight and extra batteries
  - First aid kit
  - Medications (7-day supply) and medical supplies
  - Copies of personal documents (IDs, insurance, emergency contacts)
  - Cell phone with chargers and power banks
  - Personal hygiene items and hand sanitizer
  - Blankets, extra clothes, and face masks
  - Whistle (to signal for help)
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## 2. Make a Family Emergency Plan

- **Communication Plan:** Designate an out-of-town contact. Make sure all family members know how to reach them.

- **Meeting Spots:** Choose two locations—one near your home and one outside your neighborhood.
  - **Special Needs:** Plan for pets, elderly family members, or those with medical conditions.
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### 3. Know Local Hazards

Familiarize yourself with the types of emergencies most likely in Redhill, such as:

- Severe storms or tornadoes
- Power outages
- Medical emergencies
- House fires
- Flooding

Sign up for local alerts through **Redhill's emergency notification system** (check the city or EMS website for sign-up details).

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### 4. Prepare for Medical Emergencies

- Learn CPR and basic first aid
  - Keep a list of medications and allergies for all household members
  - Post emergency numbers (911, poison control, local hospitals) on the fridge
  - Make sure your house number is visible from the street for emergency responders
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### 5. Stay Informed

During an emergency, tune into local news stations, the Redhill EMS Facebook page, or NOAA Weather Radio. Follow official updates and only trust reliable sources.

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## **6. Get Involved**

- Volunteer with local emergency response teams or shelters
- Attend a Redhill EMS safety workshop or CPR class
- Help neighbors who may need assistance preparing