

Safety is a full-time job

Put a plan in place for you and your loved ones.

Surviving natural and man-made disasters depends on many factors. Having a plan and survival kit in place is a smart move. Begin by pulling together basic supplies so you and your family will be prepared if a disaster strikes. Preparedness begins today!

Basic recommended supplies for a family survival kit:

- One gallon of water per person per day
- At least a three-day supply of non-perishable food
- Can opener, eating utensils, cups and plates
- Garbage bags
- Extra clothes
- First aid kit
- Battery-powered radio
- Flashlight
- Extra batteries
- A whistle to signal for help
- Dust mask or cotton t-shirt
- Moist towelettes
- Wrench or pliers to turn off utilities
- Plastic sheeting
- Duct tape
- Cash

Your Family's Unique Needs

Pack diapers, formula, bottles, prescription medications, pet food, comfort items, books, paper, pens, a deck of cards or other forms of entertainment.

Further Measures

In addition to supplies, have an exit plan and a place for family members to meet. Assess the immediate situation, use common sense, and use what you have on hand to care for yourself and your loved ones. Think about the places your family spends time: school, work and other places you frequent. Ask about their emergency plans. Find out how they will communicate with families during an emergency. If they do not have an emergency plan, consider volunteering to develop one.

First Sun EAP services are made available to you and your family members by your employer. You can use the services whether or not you have chosen to participate in an employer health plan.

All counseling services are confidential in compliance with the law.



FIRST SUN
EAP

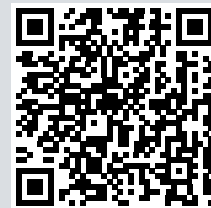
We Help People **Be Better** at Work

Call First Sun at

800-968-8143

or visit

www.firstsuneap.com



Read more about preparedness from the U.S. Department of Homeland Security at www.ready.gov.

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee
& Family

Member Services