What to do in Case of an Emergency



Checklist:



Remain calm

 Listen to the radio or television news for what you need to do.





 If your family is separated, try to call one friend or relative to find your family.

 It is a good idea to set a place for your family to meet during an emergency.



 Follow the advice of local emergency officials about whether to stay where you are or leave.

If you leave:



 Take identification cards, cash and other important papers.

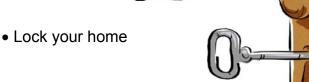


 Wear clothing that covers your skin and sturdy shoes.

 Take your emergency supplies kit, cell phone and other items you may need.



 Shut off water and electricity if instructed to do so before leaving.





 Go where the emergency officials tell you to go.

For more information, call your local or state health department.



Text by the North Dakota
Department of Health. Adapted by
Healthy Roads Media
(www.healthyroadsmedia.org) with
funding provided by Fargo Cass
Public Health through the Cities
Readiness Initiative (CRI).