

# September is...

## NATIONAL PREPAREDNESS MONTH

Are you and your family prepared if there is flooding, hurricanes, wildfires, severe weather or an earthquake in your area?



### Emergency Preparedness Kit Minimum Checklist:

- ☐ Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- ☐ Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- ☐ Flashlight
- ☐ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ☐ Extra batteries
- ☐ First aid kit
- ☐ Medications (7-day supply) and medical items
- ☐ Multi-purpose tool
- ☐ Sanitation and personal hygiene items
- ☐ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ☐ Cell phone with chargers
- ☐ Family and emergency contact information
- ☐ Extra cash
- ☐ Emergency blanket
- ☐ Map(s) of the area

**For more information and to access additional emergency preparedness resources, log in today:**

1. Go to: [www.cascadecenters.com](http://www.cascadecenters.com)
2. Click 'Member Log In'
3. Register as a new user
4. Select a "National Preparedness" topic at the top of the screen

#### Cascade Centers EAP

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