

Plan, Prepare And Practice For Severe Storms

(NAPSA)—After many months of winter snow showers, thunderstorms, tornadoes and floods come rumbling into town. While these annual weather events should not be a surprise, families are often caught unprepared.

You cannot control Mother Nature, but you can increase your family's safety and ability to survive by planning ahead. Take some time and follow these simple tips from Rubbermaid to create a disaster plan:

1. Learn your community's warning signals and evacuation plans.

2. Create a plan for your family. Pick two places to meet—one spot inside your home and another located away from your neighborhood.

3. Implement your plan. Steps to complete include posting emergency numbers by phones, installing safety features in your house, and teaching children how and when to call 911.

4. Create a disaster survival kit. This inexpensive and simple step can prepare your family for any hazard that comes its way.

A Disaster Survival Kit should be housed in a durable plastic container with a secure lid. The Rubbermaid ActionPacker® storage container is ideal for this job and will prevent water and other elements from ruining the items you will need to make it through the storm. Your survival kit should include:

- Candles and matches

- A first aid kit, including prescription medications

- A copy of your health and insurance information

- Emergency tools, including a battery-powered portable radio and lantern, flashlight and plenty of extra batteries

- Battery-powered clock or watch

- A list of emergency numbers including public utility companies



and family members (remember to grab your wireless phone when bad weather strikes)

- Special items for infants, elderly or disabled family members

- Toilet paper

- High-calorie, non-perishable snacks stored in Seal'n Saver™ food storage containers

- Towels

- Garbage bags

- Rubber boots and gloves

- One change of clothing and footwear per person

- One blanket or sleeping bag per person

- An extra set of car keys, cash and a credit card

It's also wise to keep a Rubbermaid cooler stocked with a three-day supply of water (one gallon per person per day). When you are preparing for the storm's arrival, grab several Blue Ice packets out of your freezer to keep your water cold.

Store the tote and cooler in an easily accessible area such as the closet nearest the door you exit most often or in the garage. Remember to replace the food, water and batteries every six months.

5. Practice and maintain your plan. Conduct drills to ensure family members remember meeting places, phone numbers and safety rules.

Taking a few minutes today may save your life as storms come into town. For more information on how to survive severe storms, visit www.survivesthestorm.com.