

Prepare.

Emergencies happen, often when least expected. Tornadoes destroy neighborhoods. Storms down electrical lines. Waterborne illness brings sickness. You and your family can prepare for emergencies.

Before an emergency occurs, prepare the following:

An emergency contact list with names of relatives and friends.

- Include people outside your area code - they may be easier to contact in an emergency.
- Pick a meeting space for your family in case you can not reach each other by phone.

Emergency supplies containing:

- a battery operated radio, water, food that will not spoil, bedding, a first aid kit, garbage bags, and prescription medicines
- a phone that does not need power to work

Practice.

Schools and businesses practice fire drills. Families can practice their emergency plans. In the event of an emergency, practice will lessen stress and save lives.

Here are some ways to practice being prepared for emergencies:

- Practice calling people on your emergency contact list.
- Look through your emergency supplies twice a year.
- Update your emergency contact list as it changes.
- Practice healthy hygiene - wash your hands, cover your cough, and stay home when sick.



Participate.

Your community needs you. Opportunities exist for getting involved in emergency preparedness. Many programs will train volunteers to help in a health emergency.

Volunteer Opportunities:

- The Twin Cities Chapter of the Red Cross provides plenty of volunteer opportunities. Call 612-872-3271 or email: volunteer@redcrossstc.org
- The Medical Reserve Corps brings together local health professionals to help the community to prepare for and respond to public health emergencies. To get involved call 651-266-2480 or e-mail: mrc-ramsey@co.ramsey.mn.us

For more emergency preparedness information in other languages visit:
www.echominnesota.com



Public Health Response

Public Health Role

Public Health continues to plan, exercise, and train staff to respond to public health emergencies.

Public health is trained to respond to many different emergencies. These include diseases related to food and water, or an outbreak of an infectious disease affecting many people.

Today public health plans for future emergencies with first responders - police, fire, and emergency medical services.



Your Role

When emergencies happen, pay attention. Listen to the radio. Follow directions from you local Department of Public Health, the Minnesota Department of Health, and other government agencies.

Remember, everyone plays a role in preparing for emergencies.

Individuals and families can do their part by prearing an emergency contact list and emergency supplies.

Resources

www.health.state.mn.us
www.echominnesota.org
www.redcross.org

Emergencies Happen



Saint Paul – Ramsey County
Department of Public Health
www.co.ramsey.mn.us/ph
651-266-2400



Community Action Partnership
of Ramsey & Washington Counties
www.capr.w.org
651-645-6445

