



PREPAREDNESS:

An Everyday Task for Everyday Life

Being prepared for emergencies is crucial at home, school, work and in your community.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or school or can confine you to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off?

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. The best way to make you and your family safer is to be prepared before disaster strikes. The American Red Cross encourages you to:

Make A Plan

Make a family communications plan that includes an evacuation plan and coordinates with your school, work and community communication plans. Practice this plan with your entire family.

Get A Kit

Build a disaster supply kit that includes enough supplies for each family member for three days. Remember to check your kit every six months.

Be Informed

Know what may happen and how you can help

Learn what disasters or emergencies may occur where you live, work and play and how they can affect you, your family and community

Identify how authorities will notify you and how you will get important information

Learn what you can do to prepare by contacting your local chapter of the American Red Cross to ask about first aid, CPR and disaster training

Share what you have learned

American Red Cross. To learn more, please visit their extensive website at www.redcross.org.



Better Safe...

In the midst of rushing through everyday life, it's important to take a minute or two to prepare for emergencies. Being prepared helps you and your family minimize the impact of a disaster such as a hurricane or an emergency such as a broken leg.

The American Red Cross recommends having a disaster supply kit ready in case of such an event. Here is a quick checklist of some of the items you should have in your kit—you can simply build your own or buy one that meets your needs at www.redcrossstore.org.

ITEM IN MY PREPAREDNESS KIT	YES	NO
Water	<input type="checkbox"/>	<input type="checkbox"/>
Food	<input type="checkbox"/>	<input type="checkbox"/>
Can Opener	<input type="checkbox"/>	<input type="checkbox"/>
Medications & Special Items	<input type="checkbox"/>	<input type="checkbox"/>
Tools & Supplies	<input type="checkbox"/>	<input type="checkbox"/>
Sanitation	<input type="checkbox"/>	<input type="checkbox"/>
Clothing & Bedding	<input type="checkbox"/>	<input type="checkbox"/>
Emergency Car Kit	<input type="checkbox"/>	<input type="checkbox"/>
Important Family Documents	<input type="checkbox"/>	<input type="checkbox"/>
First Aid Kit	<input type="checkbox"/>	<input type="checkbox"/>





Putting Your Wellness To The Test!

Just recognizing the seven dimensions of wellness and thinking about how it applies to you can help you lead a better life. Make sure to read the overviews of each dimension in this month's *Day In & Day Out* issue, and then try this quiz: "Putting Your Wellness To The Test" to see where you stand. And remember, wellness is a journey, not a destination!

Social	1	I make time in my life for my family and friends.	5	4	3	2	1	0	Emotional	15	I try to maintain a balance of work, family and friends, and other obligations.	5	4	3	2	1	0
	2	My relationships are positive and give me happiness.	5	4	3	2	1	0		16	I have established ways of reducing stress in my life.	5	4	3	2	1	0
↓	3	If I ever have a problem, I know that I have someone to talk to.	5	4	3	2	1	0	↓ Spiritual	17	I make time in my day for prayer, meditation, or personal time.	5	4	3	2	1	0
	4	I am happy with the groups I am a part of.	5	4	3	2	1	0		18	I am accepting of the views of others.	5	4	3	2	1	0
↓ Vocational	5	I enjoy going into work most days.	5	4	3	2	1	0	↓ Physical	19	My values generally guide my thoughts and actions.	5	4	3	2	1	0
	6	At work, I generally have a manageable workload.	5	4	3	2	1	0		20	I eat breakfast every day.	5	4	3	2	1	0
↓ Intellectual	7	I feel that I can talk to my boss and co-workers when problems arise on the job.	5	4	3	2	1	0	↓ Environmental	21	I have an established workout routine.	5	4	3	2	1	0
	8	I try to learn something new every day.	5	4	3	2	1	0		22	I avoid using tobacco products.	5	4	3	2	1	0
↓	9	I talk to others who have different interests and opinions.	5	4	3	2	1	0	↓	23	I drink fewer than three drinks at one sitting.	5	4	3	2	1	0
	10	I would consider myself a "lifelong learner."	5	4	3	2	1	0		24	I know my important health numbers, like my weight, blood pressure, and cholesterol values.	5	4	3	2	1	0
↓	11	I try to recycle, and purchase recycled products.	5	4	3	2	1	0	↓								
	12	If I see a safety hazard, I take steps to fix the problem.	5	4	3	2	1	0									
↓	13	I volunteer my time to worthy causes.	5	4	3	2	1	0									
	14	I am aware of my surroundings at all times.	5	4	3	2	1	0									

How Did You Measure Up?

If you answered mostly **5s**, you have *exceptionally* high levels of wellness. Congratulations! You understand the benefits that high levels of wellness can have on your life.

If you answered mostly **4s**, you have high levels of wellness. Good job! With some small changes, you could move up into the next category.

If you answered mostly **3s**, you have moderate levels of wellness. If you are lacking in one area, focus on that first. With a little bit of effort, you will be on your way.

If you answered mostly **2s**, you have a good start, but keep trying! Adding wellness to your life is important, so make it a priority.

If you answered mostly **1s**, there's definite room for improvement! Don't give up now!

If you answered mostly **0s**, choose one area of wellness to focus on at a time; take it slowly. You'll make it!

