



**Centers for Disease Control and Prevention**  
Your Online Source for Credible Health Information

Emergency Preparedness and Response



**Emergency Preparedness and You**

The possibility of public health emergencies arising in the United States concerns many people in the wake of recent hurricanes, tsunamis, acts of terrorism, and the threat of pandemic influenza. Though some people feel it is impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters of all sorts much more effectively when they do occur.

To help, Centers for Disease Control and Prevention (CDC) and the American Red Cross have teamed up to answer common questions and provide step by step guidance you can take now to protect you and your loved ones.



**1** Get a Kit



**Gather Emergency Supplies**

By taking time now to prepare emergency water supplies, food supplies and disaster supplies kit, you can provide for your entire family.

**2** Make a Plan



**Develop a Family Disaster Plan**

Families can cope with disaster by preparing in advance and working together as a team.

**3** Be Informed



**Learn How to Shelter in Place**

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**Understand Quarantine and Isolation**

When quarantine and isolation may be called for, what they are, and how they work.



**Maintain a Healthy State of Mind**

Tools for coping with disaster for adults, parents, children, students, and seniors.

- Content source: CDC Emergency Communication System (ECS), Division of Health Communication and Marketing (DHCM), National Center for Health Marketing (NCHM)

