

EMERGENCY PREPAREDNESS  
BEGINS WITH YOU.  
MAKE THE DECISION TO  
*BE AWARE AND PREPARE!*



The Farmington Hills/Farmington  
Emergency Preparedness Commission.

The members of the Farmington Hills/  
Farmington Emergency Preparedness  
Commission are volunteers dedicated to  
helping others. They represent police and  
fire departments, local businesses, senior  
citizens, local hospitals, youth, public  
schools, and City employees. With the  
commitment of the Mayor and City Council  
in both communities, the Farmington Hills/  
Farmington Emergency Preparedness  
Commission has raised citizen awareness  
through first aid classes, local cable TV  
programs, newspaper columns, and exhibit  
booths at City events. As individuals  
become aware and prepare, the whole  
community becomes a safer place to live.  
The EPC meets at 5:15 p.m. on the first  
Monday of every month in the Council  
Chambers at the Farmington Hills City Hall  
at 31555 Eleven Mile Road. The public is  
welcome to attend and join in the group's  
important efforts.



*BE AWARE  
AND PREPARE!*

*FARMINGTON HILLS/  
FARMINGTON  
EMERGENCY PREPAREDNESS  
COMMISSION*

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FARMINGTON HILLS/  
FARMINGTON  
EMERGENCY PREPAREDNESS  
COMMISSION

EMERGENCY  
PREPAREDNESS



PEOPLE HELPING PEOPLE  
PREPARE

If a disaster happens, are you  
and your family ready?  
Take action now.  
*Be aware and prepare!*

## Farmington Hills/Farmington Emergency Preparedness Commission

# WHAT CAN YOU DO TO *BE AWARE AND PREPARE?*

Would you and your family be able to handle an emergency until help arrived? Would you be able to sustain yourselves for at least 72 hours? The answer is...probably not.

Disasters happen, it's a fact. Preparedness has to start at the grassroots level, one family at a time. If every family had basic first aid knowledge and emergency supplies, it would not only benefit those individuals but also the community as a whole. We all need to learn how to care for ourselves and for each other.

No one should have to scramble for emergency supplies when disaster strikes. Take time each month to review emergency procedures, update information, and keep supplies accessible. Make a plan with your family. Decide where to meet and who to call with updates during a disaster.

When disaster strikes, prepared families can take care of themselves for up to 72 hours. By becoming self-reliant, residents not only help themselves but also help local fire, police, and emergency personnel focus their efforts where they are needed most.

The Farmington Hills/Farmington Emergency Preparedness Commission offers a handbook called *A Community of Prepared Citizens*. It's available free at both the Farmington Hills and Farmington City Halls, at the Costick Center, online at [www.FHReady.com](http://www.FHReady.com) or by calling 248-871-2417.

The handbook is easy to follow and offers different preparedness subjects for every month. Topics include Emergency Supply Kits, Seniors and Those with Special Needs, Tornadoes, Chemical/Biological Preparedness, First Aid/Being a Good Neighbor/Pets, Business Preparedness, Heat Emergencies, School Safety, Terrorism, Fire Safety, Winter Weather, and Family Financial Preparedness.

A comprehensive publication from FEMA titled "Are You Ready?" is also available free by calling 1-800-480-2520.

Emergency Preparedness Commission members would be happy to talk to you or speak to your group about how you can prepare. To contact a representative, please call 248-871-2417.

For additional preparedness information, visit [www.RedCross.gov](http://www.RedCross.gov), [www.FEMA.gov](http://www.FEMA.gov) or [www.ready.gov](http://www.ready.gov).



One of the best ways to be aware and prepare is to create a 72-hour kit for your family's individual needs.

Recommended items include:

- Non-perishable food—three-day supply
- Water—one gallon per person per day
- Flashlight with extra batteries
- First aid kit with manual
- Hygiene items—toilet paper, liquid soap, and towelettes
- Matches and waterproof container
- Whistle
- Battery operated radio with extra batteries
- Three dust masks—Type N95 preferred
- Three pairs latex gloves and one pair cotton gloves
- Change of clothing
- Rain poncho
- Pair of comfortable shoes
- Blanket and sleeping bag
- Cooking utensils and manual can opener
- Garbage bags
- Cash and coins
- Compass
- Copies of important documents
- Cell phone and emergency/family contact info
- All-purpose knife and small tool kit
- Extra set of keys for home and car
- Map
- Medications and prescription copies
- Notebook and pens
- Duct tape and plastic sheeting
- Items needed for infants and pets