

SEPTEMBER NATIONAL PREPAREDNESS MONTH

Week 4: Hope Is a Form Readiness

Ready Doesn't Mean Fearful—It Means Hopeful

Preparedness isn't about panic—it's about peace of mind. It's a vote of confidence in your ability to adapt, recover, and thrive.

Take one final step this month:

- Revisit and update your emergency kit.
- Talk with children or loved ones about your plan in a calm, reassuring way.
- Celebrate what you have done this month to become more ready.



Hope fuels resilience—and preparedness puts that hope into action.

Emergency Kit Essentials



Get emergency supplies together before a disaster happens. During a disaster, you and your family will need specific items, including cash and supplies. Your emergency kit will be unique to you. Consider items your family may need such as durable medical equipment, medications and infant supplies, and remember to pack for your pet!

* Make sure you have enough items to last several days

- | | |
|--|--|
| <input type="checkbox"/> Water | <input type="checkbox"/> Dust mask to help filter contaminated air |
| <input type="checkbox"/> Non-perishable food | <input type="checkbox"/> Moist wipes, garbage bags, and plastic ties |
| <input type="checkbox"/> Cash | <input type="checkbox"/> Wrench or pliers to turn off utilities |
| <input type="checkbox"/> Battery-powered or hand crank radio | <input type="checkbox"/> Pet needs |
| <input type="checkbox"/> Flashlight and extra batteries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Non-electric can opener | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Prescription Meds | |
| <input type="checkbox"/> Personal hygiene items | |

Resources:

- [Alameda County - Make a Plan](#)
- [Alameda County - Make a Kit](#)
- [Alameda County - AC ALERT](#)
- [Alameda County Social Services Agency \(ACSSA\), Disaster Preparedness & Emergency Management \(DPEM\)](#)

Disaster Preparedness & Emergency Management (DPEM) | Office of Public Affairs (OPA)

Contact: [Disaster Preparedness & Emergency Management](#)

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