



Get ME Ready 2010

It Takes More than Duct Tape

www.getMEready.org

Mainers are known for being ready for anything. Let's make sure we are.

Are You Ready to Help your Family in an Emergency?

It takes more than duct tape to be ready for an emergency!

An emergency or illness can keep you home - sometimes without power, heat, or clean water. There are a few simple steps you can take to help your children, your pets, and the older adults you care for be safe during emergencies or illness.

Get a Kit. Make a Plan. Be informed. Go to www.getMEready.org to learn more.

Flooding. Ice Storms. The Flu. Get Ready to help your family. Get ready for the unexpected by creating a kit of the essentials, including food, water, medicine, and safety supplies. Make a plan for how you and your family will respond to the situation, and stay informed of potential illness and emergencies and what are the best things to do if they happen.

Visit www.getmeready.org to watch Dr. Dora Ann Mills, Director of the Maine CDC, talk about getting ready for illness or an emergency.

How ready are you? At www.getMEready.org you can take a short survey, then learn more about how easy it is to build a kit, make a plan, and be informed.

In Maine we like to be independent. When you're ready for an emergency, you won't need help from emergency professionals. That will let them focus on others needing assistance. And when you and your family are ready, you can help your neighbors and others in need.

What goes in my kit? Go to www.getMEready.org and find out what you need, what you've already got, and how to build your kit without spending a lot of extra money. You can also enter a drawing for a free kit to be sent to you!

Mainers are known for being ready for anything. Let's make sure we are! Go to www.getMEready.org and start Getting Ready today! Get ME Ready 2010 is a project of the Maine Public Health Association.

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