

STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

*** * Fact Sheet * * ***

General Preparedness Tips

- Create an Emergency Kit for your home and vehicle.
- Have enough food, water, and medical supplies to last 3 to 5 days without aid from others.
- Keep a current list of the medications you are taking.
- Make a communication plan with family and friends in case you are separated
- Fuel your car and review your evacuation plan and routes with your family.
- Be familiar with alerts, warnings, and local emergency services.
- Keep important documents, both personal and financial, in a waterproof portable container.
- Keep food, water, and medicines on hand for pets and make plans to ensure their safe shelter and care.

More emergency preparedness health tips and information is available at:

www.dhmh.maryland.gov

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