

UPLAND



COMMUNITY EMERGENCY
RESPONSE TEAM

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

*Disasters can strike anytime.
Preparedness starts with you!*



BE PREPARED IN **FOUR STEPS**

1 KNOW YOUR RISKS



Identify the types of emergencies that could happen where you live, work, and travel.

2 MAKE A PLAN



Create a communication plan and decide how you will reconnect with your loved ones.

3 BUILD A KIT



Prepare essential supplies to help you survive on your own for at least **72 hours**.

4 GET INVOLVED



Join Upland CERT and help build a stronger, safer, and more prepared community.

BUILD YOUR 72-HOUR KIT

Be ready to be on your own for at least 72 hours.



- ✓ Water (1 gallon per person per day)
- ✓ Non-perishable food
- ✓ First aid kit & medications
- ✓ Flashlight & extra batteries
- ✓ Battery-powered radio
- ✓ Phone charger / power bank
- ✓ Hygiene supplies
- ✓ Cash
- ✓ Copies of important documents
- ✓ Extra clothing & blankets
- ✓ Whistle
- ✓ Pet supplies (if applicable)



SMALL STEPS TODAY

SAFER TOMORROW

Prepared individuals
build resilient families.
Resilient families
build a stronger Upland.

UPLAND CERT
NEIGHBORS HELPING NEIGHBORS



JOIN UPLAND CERT

Get trained. Get involved. Make a difference.



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