



## WHAT TO DO AFTER AN EMERGENCY

It is important to stay calm during and after an emergency. After an emergency happens, get as much information about the situation as possible by watching TV, listening to the radio, or using the Internet for news.

Deciding whether it is best to stay in your home or go somewhere else depends on the type of emergency. Government officials may tell you what you need to do. In some cases, limited information may require you to decide on your own what is best for you and your family.

### **During the Days Following a Disaster:**

Continue to listen to a radio, television, or emergency-alert system for directions.

### **If you are forced to stay in your home for several days:**

- First, eat the foods that are in the refrigerator, the ones that could spoil fastest.
- Next, eat what is inside the freezer.
- Eat dried or canned foods last.
- Eat food supplies in your emergency kit, remember these supplies should last for three days.

### **If your emergency kit supplies run low:**

- Continue to drink the amount of water you need.
- Try to decrease the amount of water you need by staying calm and being in a cool place.

### **If your water runs low and you must find additional water, try to:**

- Visit distribution sites for bottled water from disaster relief agencies.
- Listen for information from local public health agencies on water treatment methods.

### **If your food supplies start to run out:**

- Try to eat one balanced meal each day.

The most important thing you can do is listen for information and stay calm. City, county, and state officials have developed emergency plans. After an emergency, it is important to continue following their directions and advice. They will provide you with the latest information. By staying calm, you will help make sure you and your family are safe.

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**Ready in 3** is an emergency-preparedness program for Missouri. The Missouri Department of Health and Senior Services sponsors the program. **Ready in 3** aims to help residents and communities prepare for many types of emergencies from tornadoes to terrorism. For more information, visit [health.mo.gov/emergencies/readyin3](http://health.mo.gov/emergencies/readyin3).

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