## \* CITYOF CHICAGO

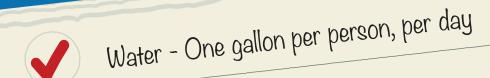
## **PREPARE YOUR FAMILY**

A preparedness kit includes essential items to stay safe and healthy in an emergency.

Make a kit for yourself, your family and your pets. Keep a kit in your home, your car and at work.

To get started, gather the following items:







Copies of prescription medication labels



Personal hygiene items, including sunscreen & hand sanitizer

First-aid kit

Flashlight and batteries

Contact information for your doctor and pharmacy

Comfortable shoes and a change of clothing

For a complete list of items to put in your kit and for more information on public health ernergency preparedness, visit www.CityOfChicago.org/HEALTH



PREPARE

CHICAGO

AN INITIATIVE OF HEALTHY CHICAGO

