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**Department of Military
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STATE OF ALASKA

PRESS RELEASE

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Low cost and no cost emergency preparedness options

During National Preparedness Month the Alaska Division of Homeland Security and Emergency Management is urging all Alaskans to become better prepared for disasters. There are many ways Alaskans can prepare for disaster without spending a lot of money.

Here are 10 low-cost ways to get better prepared.

1. Develop a Family Emergency Plan. Visit Ready.Alaska.Gov and go to My Emergency Plan. Use the guide to develop a Family Emergency Plan with your family.
2. Store water for your emergency kit. While the taps are flowing water is cheap. Fill clean food grade containers and store in a cool place. One gallon of water, per person, per day. Rotate water every six months.
3. Review important documents – make digital copies of important records and documents, including a photo of your COVID-19 vaccine card, medical records and insurance papers. Keep them in a secure password protected digital space.
4. Sign up for emergency alerts in your area.
5. Create an emergency kit for your pet, including your pet's shot record, regular food, treats, water, a leash, and comfort items.
6. Create a circle of support of people who can help with your children or elderly family members during a disaster. Offer to be loved ones, friend, or co-workers circle of support.
7. Conduct an emergency safety drill like a fire drill or Drop, Cover, Hold On exercise. Register for the Great Alaska ShakeOut at Shakeout.org/Alaska.
8. Shop yard sales and online marketplaces for inexpensive emergency kit items. Radios, flashlights, tools, warm clothing, and portable containers can be found for a few dollars.
9. Contact your local emergency management office and get information about your community's risks and hazards. Understand the warning signs, safety actions, and mitigation strategies.
10. Visit Ready.Alaska.Gov for emergency preparedness information like Prepare In A Year, the Individual and Family Preparedness Guide, Earthquake Preparedness Guide, and Good, Better Best.

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