



Let's Talk Disaster Resilience

By: Marge Jozsa, President, Board of Directors, STCEVC

Living in a coastal community means spending a great deal of quality time in your car. We drive a fair distance to shop, to see a medical provider and to dine out. Coastal visitors, motor vehicle accidents and road work often keep us in our car longer than we would like. A natural disaster can occur anytime and there's a good chance that you will be in your car when it does happen.

Are you and your car prepared for any emergency?

Here are a few tips: Always have a full to $\frac{3}{4}$ filled gas tank. Make sure your car is in good working order.

AND - Keep an emergency kit in your car that includes:

Battery-powered radio, flashlight and extra batteries, a whistle
Booster cables, small shovel, tow chain, flares, tire repair kit and pump
Duct tape, multipurpose knife
Cash and change
Supply of vital medications
Sturdy shoes, socks and work gloves
Mylar or regular blankets, plastic shelter tarps, large trash bags
Matches in a waterproof container and a survival candle that can burn for several hours
Fire extinguisher (5-pound A-B-C)
First aid kit, manual and 2 pair nitrile gloves
Bottle water and high energy non-perishable food (granola bars, raisins, peanut butter)
Maps and a compass
Hand sanitizer, disinfecting wipes, bar of soap, masks, Kleenex and toilet paper
Toothbrush/toothpaste
Diapers and baby wipes
Pet supplies
Your favorite book, playing cards, games for children
For winter add: winter tires, chains, scraper and a bag of sand, extra winter clothing (staying dry is critical)

Remember being prepared means being ready for any natural disaster, any emergency, anytime and anywhere.

Stay safe,
Marge