



Global Medical Response (GMR) reminds you to be prepared and safe during hurricane season. Take time to make sure you and your family are ready should a natural disaster affect your home or community.

**Create a Disaster Supply Kit including, but not limited to:**



Water – one gallon of water per person per day for at least three days, for drinking and sanitation



Food – at least a three-day supply of non-perishable food



Manual can opener for food



Seasonal clothing and bedding



Flashlight and extra batteries



First-aid kit



Cellphone with charger, inverter or solar charger

**Create and Discuss an Evacuation and Communications Plan:**

- Write down the location of shelters, a friend's home in another town or a motel—including addresses, phone numbers and travel or evacuation routes
- Identify important documents, irreplaceable personal mementos, medications and pet supplies to collect on short notice and take with you
- Establish a friend or relative to serve as family contact
- Create a contact schedule to maximize battery life of cell phones

**GMR SOLUTIONS**