

As Hurricane Idalia's track continues to become clearer, we know that the North Carolina Region will be impacted in the coming days. As we continue to prepare to respond to the needs of the communities across our region, we also want to ensure each of you are personally prepared as well! **Your safety is our number one priority!** Please take this time to review and follow our preparedness messaging (included here) to ensure you're appropriately prepared.

MAKE A PLAN You may need to leave your home quickly and travel to a safe place outside the affected area. If authorities advise you to evacuate, be prepared to leave immediately with your evacuation kit ("go bag" of emergency supplies).

- Plan now if you will need help leaving or if you need to share transportation.
- Ask friends or relatives outside your area if you would be able to stay with them. Check with hotels, motels and to see if they are open.
- Check your local media, state, and county websites for local emergency information.
- Plan ahead for your pets. Keep a phone list of pet-friendly hotels/motels and animal shelters that are along your evacuation routes. Remember, if it's not safe for you to stay home, it's not safe for your pets either. Pet sheltering may be limited, so please consider staying with friends or family to ensure space is available for you and your pets.

BUILD A KIT Assemble two kits of emergency supplies and a one-month supply of prescription medication. Start with this basic supply list:

- **Stay-at-home kit** (2 weeks of emergency supplies): Include everything you need to stay at home for at least two weeks with items such as food, water, household cleaning and disinfectant supplies, soap, paper products, and personal hygiene items.
- **Evacuation kit** (3 days of supplies in a "go bag"): Your second kit should be a lightweight, smaller version that you can take with you if you must leave your home quickly. Include everything you need to be on your own for three days:
 - Food and water
 - Personal hygiene items

- Cleaning and disinfectant supplies that you can use on the go (tissues, hand sanitizer with 60% alcohol and disinfecting wipes)
- Infant formula, bottles, diapers, wipes, and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's check
- Important family documents such as copies of insurance policies, identification, and bank account records saved electronically or in a waterproof, portable container.
- 1-month supply of prescription medication, as well as over-the-counter medications like cough suppressants and fever-reducing drugs and medical supplies or equipment. Keep these items together in a separate container so you can take them with you if you have to evacuate.

Some supplies may be hard to get, and availability will worsen in a disaster, so start gathering supplies now.