

EMERGENCIES CAN HAPPEN ANYTIME.

BE PREPARED. PROTECT WHAT MATTERS MOST.

Whether it's a storm, power outage, fire, flood, or other disaster, being prepared can make all the difference. Take simple steps today to keep your family safe tomorrow.



1. MAKE A PLAN

- ✓ Identify safe places in your home for each type of emergency.
- ✓ Choose an out-of-town contact for your family.
- ✓ Plan evacuation routes from your home, work, and school
- ✓ Practice your plan with everyone in your household



2. BUILD A GO-BAG

Include enough supplies for at least 72 hours

- ✓ Water (1 gallon per person per day)
- ✓ Non-perishable food
- ✓ Flashlight & batteries
- ✓ First aid kit
- ✓ Medications
- ✓ Important documents (waterproof bag)
- ✓ Phone charger/power bank
- ✓ Cash in small bills



3. STAY INFORMED

- ✓ Know the difference between a Watch and a Warning.
- ✓ Monitor weather updates and local alerts.
- ✓ Have multiple ways to receive alerts (phone, radio, TV, apps)



4. PREPARE YOUR HOME

- ✓ Secure loose items outside,
- ✓ Trim trees and clear gutters.
- ✓ Check your smoke & carbon monoxide alarms.
- ✓ Know how to turn off utilities (water, gas, electricity).



REMEMBER

Preparedness is not about fear- it's about being ready, staying calm, and protecting the people you love.

BE PREPARED TODAY FOR A SAFER TOMORROW.



STAY INFORMED STAY CONNECTED

- Sign up for local emergency alerts and weather notifications.
- Follow your local government, fire department, and emergency management on social media.
- Keep a battery-powered or hand-crank radio in your kit.
- Know your emergency contact numbers and keep them handy.



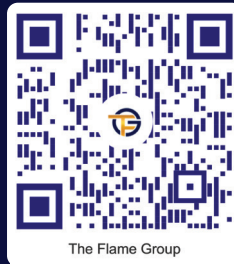
WORK TOGETHER HELP EACH OTHER

- Check on neighbors, especially seniors or those with disabilities.
- Plan how you will communicate and reconnect if separated.
- During a disaster, first responders may be overwhelmed-neighbors helping neighbors saves lives.



AFTER AN EMERGENCY

- Check for injuries and get medical help if needed.
- Avoid damaged buildings and downed power lines.
- Listen for official updates before returning home.
- Document damage for insurance purposes.
- Be patient-recovery takes time, but we are stronger together.



The Flame Group

☎ 1-844- FLAME 16
✉ info@theflamegroup.com
🌐 www.theflamegroup.com

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EMERGENCY PREPAREDNESS

BE READY. STAY SAFE. SAVE LIVES



PLAN AHEAD



BUILD A KIT



STAY
INFORMED



PROTECT
YOUR FAMILY



THE FLAME GROUP®

PREVENTION IS INTENTION

🌐 www.theflamegroup.com

BE PREPARED. PROTECT WHAT MATTERS MOST.

Emergencies can happen without warning. Planning ahead today can save your life and the lives of your loved ones tomorrow.



EMERGENCY CHECKLIST

- ✓ Make a plan and practice it.
- ✓ Build a go-bag.
- ✓ Stay informed.
- ✓ Help others.
- ✓ Prepare your home.
- ✓ Know your risks.



EVACUATION PLANNING



KNOW YOUR ROUTES

Identify at least two ways to leave. home, work, and places your family visits often.



DESIGNATE A MEETING PLACE

Choose a safe location outside your home and a backup location outside your neighborhood.



PRACTICE TOGETHER

Review your plan at least twice a year and practice with all family members



DON'T FORGET ABOUT CHILDREN, SENIORS, AND PETS

- Plan for special needs.
- Have medications, supplies, and comfort items ready.
- Include pet food, water, and leashes in your go-bag.



BUILD A GO-BAG

Have enough supplies to support your family for at least 72 hours.



Water 1 gallon per person per day



Non-Perishable Food



Flashlight & Extra Batteries



First Aid Kit



Medications (7-day supply)



Important Documents (Waterproof bag)



Phone Charger/Power Bank



Battery-Powered Radio



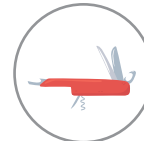
Cash in Small Bills



Extra Clothing & Blankets



Whistle



Multi-Tool or Basic Tools



IMPORTANT DOCUMENTS TO INCLUDE

- ✓ Identification (Driver's License/ID)
- ✓ Insurance Policies
- ✓ Birth Certificates
- ✓ Social Security Cards
- ✓ Medical Records
- ✓ Prescription Information
- ✓ Bank Account Information
- ✓ Property Deeds/Lease
- ✓ Contact Information List
- ✓ Emergency Plan Copies



TIP

Keep digital copies of important documents in a secure cloud account or on a USB drive in your go-bag.



STAY INFORMED

Information is your best protection.



Monitor local alerts and warnings.

Sign up for emergency notifications from your local government.



Follow trusted sources.

Local news, NOAA Weather Radio, and official social media accounts.



Keep your contact list updated.

Have important phone numbers written down in case your phone isn't working.



KNOW YOUR RISKS

Understand the emergencies that can happen where you live

- Severe Weather (storms, tornadoes, hurricanes, winter storms)
- Flooding
- Power Outages
- Wildfires
- Hazardous Materials Incidents
- Active Threats
- Fires



AFTER AN EMERGENCY

- ✓ Check yourself and others for injuries.
- ✓ Give first aid if needed.
- ✓ Listen to officials before returning home.
- ✓ Avoid downed power lines and damaged buildings.
- ✓ If you evacuate, keep your go-bag with you.
- ✓ Document damage for insurance purposes (photos, notes).

