

## Resolve to be Ready in the New Year

A message from the Virginia Department of Emergency Management and the Tabb Lakes Emergency Response Committee.

The new year is a great opportunity for us to assess how prepared we are for emergencies and disasters and to "Resolve to be Ready" in 2007. A New Year's resolution to get an emergency supply kit, create a communication plan and stay informed could benefit our loved ones when disaster strikes.

To prepare families for unexpected emergencies, every Virginian should:

- Get an emergency supply kit that includes, among other things, essential items to last at least three days such as a battery-powered radio and extra batteries, food and water, flashlights, a first aid kit, blankets and medications.
- Make a communication plan, which involves discussing the hazards and threats for your area and what your family would do during an actual emergency. As you create your plan, decide on a meeting place if your family cannot return home, designate an out-of-town friend or relative as a point-of-contact and plan for the specific needs of your household, such as an evacuation shelter for pets or transportation for medical equipment.
- Listen for the most local, up-to-date information from emergency officials before, during and after a disaster. Radio station WXGM 99.1 FM is the York County's official radio station that will broadcast York County-specific disaster information.

This year, resolve to take a Red Cross first aide class or complete the Community Emergency Response Team (CERT) course conducted by the York County Department of Fire and Life Safety. Fourteen people in our neighborhood have completed the CERT course! The next class starts on 7 February and ends on 31 March.



For more information or to register for the upcoming York County CERT class, call the Department of Fire and Life Safety at 890-3600 or visit their web site at [www.yorkcounty.gov/fls/index.html](http://www.yorkcounty.gov/fls/index.html) For more information on the Tabb Lakes Emergency Response Committee, call Lou Lafrenaye (Chairman, Tabb Lakes Emergency Response Committee) at 867-8333 or visit our web site at [www.tabblakes.org/CERT/TabbWebCERT.html](http://www.tabblakes.org/CERT/TabbWebCERT.html)

For low-cost and simple preparedness steps, visit the Virginia Department of Emergency Management Web site at [www.vaemergency.com](http://www.vaemergency.com).

Submitted by Lou Lafrenaye