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STOCK UP NOW TO PREPARE FOR AN EMERGENCY

The time to get prepared is NOW! We were all reminded of this last week as the torrential rain flooded Frederick County. Roads were impassable, schools closed, internet disconnected and some even lost power. Mother Nature reminds us routinely that we are not in control so be prepared.

READY Frederick County is your source for information on preparing for, responding to, and recovering from emergencies at <https://www.frederickcountymd.gov/4548/Prepare> I highly recommend you print the FEMA factsheets and store in an easy to find notebook for reference. They cover every topic from floods to winter storms, even earthquakes. You are thinking – Earthquakes aren't a concern here. Wrong, as recently as 2005, Maryland had a Level VI earthquake and it was not the only extreme weather event news of the week.

Every day of the year you should have a basic supply kit ready in case of an emergency which contains:

- Battery powered radio
- Clothing and bedding
- Copies of important documents
- Food
- First Aid Kit
- Flashlight
- Extra batteries
- Prescription medications
- **Water – 1 gallon per person per day**

Here are suggestions for non-perishable food until the power comes back on:

- UHT (Ultra High Temperature) milk in a box
- Instant coffee
- Canned meats like chicken, dried beef, ham, turkey, Vienna sausage, spam, and turkey.
- Canned or vacuumed pouched fish like clams, crabs, mackerel, oysters, tuna, salmon, sardines, and shrimp
- Canned vegetables

Here are suggestions for non-perishable food until the power comes back on: (continued)

- Canned soups
- Protein bars or meal replacement bars
- Bread, crackers, pretzels, tortilla chips
- Dry cereal or granola
- Peanut butter
- Nuts
- Canned fruits like applesauce, fruit cocktail, mandarin oranges, peaches, pears, and pineapple.
- Dried fruit like apples, apricots, banana chips, blueberries, cherries, raisins, figs, peaches, raisins, etc.
- Canned juices like apple, grape, pineapple, tomato, and vegetable
- Canned or jarred baby food and formula
- Pet food

Be sure to pack a hand can opener since electric can openers can't operate if the power is off. I also make sure that my gas grill is operational which I can use as a cooktop to heat water.

IF you do lose power, keep refrigerator and freezer doors closed. Most food requiring refrigeration can be kept safely for several hours if you keep it closed. An unopened refrigerator will keep food cold for about 4 hours. A full freezer will keep the temperature for about 48 hours (2 days). Invest in a temperature gauge for your refrigerator and freezer so you can know the actual temperature when the power comes back on. If you have questions on if food should be thrown out, call the University of Maryland Extension office at 301-600-1594.

The time to get prepared is NOW! The most important on the list is water... one gallon per person per day so stock up now before the next storm arrives.

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