

EMERGENCY PREPAREDNESS

***Make a kit * Have a Plan * Stay informed ***

Are you ready to get ready?

From power outages to terrorist attacks . . . hurricanes or tornados . . . floods to fires . . . the most important message is simple: Be Prepared. Get Ready. Be Informed.

But how do you know if you are ready enough? How do you know that you've done all the right things to be prepared? The RQ Test scores you on what you know and have already done to get prepared. It also provides you with the simple steps to take to improve your score and increase your preparedness.

Take the readiness test

Make an emergency supply kit

[Link to printer friendly supply list](#)

Prepare an Emergency Plan

[Link to emergency plan template](#)

Stay informed

[Link to emergency information](#)

KIDS and EMERGENCIES

Help kids to learn about emergency preparedness. Fun activities and important information.

Links for special groups:

- [Business Owners](#)
- [Families with Pets](#)
- [Military Families](#)
- [Older Americans](#)
- [People with Disabilities and Special Needs](#)
- [Unique Family Needs](#)

Do you have STRESS?

The key is to not try to avoid stress altogether, but to manage The stress in our lives in such a way that we avoid the negative consequences! One thing is for sure, you will not be able to eliminate all of the stress in your life; accept the fact that there will be a certain level of stress in your life and work to manage it in a way that you avoid or minimize the negative consequences of the stress. This gives you tools to deal with the stress of an emergency situation or disaster.

Building resilience to stress/developing tools to cope with disaster

Chouteau County Weather:

[Big Sandy](#)
[Fort Benton](#)
[Geraldine](#)
[Highwood](#)
[Loma](#)