

NEW YEAR'S RESOLUTION FOR PREPAREDNESS

Lose weight! Stop smoking! Spend less money! Those are the type of New Year's resolutions people make year after year. But they usually forget about them before the month of January ends.

But there is another set of resolutions you should make and those are the ones you need to keep because they can protect your family all year long.

The Emergency Preparation Educational Institute recommends that every family begin 2004 with the commitment to set up a family emergency preparedness plan in order to be ready for any possible disaster. Every year in America, at least two million families experience a disaster or emergency. Whether the disaster is natural or man-made, preparedness is a necessity.

Each family should resolve to do the following:

1. Hold a family meeting to discuss how and why to get prepared
2. Set up a family communication plan in case you are separated
3. Develop plans for evacuation from your home and establish a family meeting place
4. Learn about the emergency plans at your children's school or daycare center
5. Create disaster supply kits for home, automobile, and work
6. Make arrangements for pets in an emergency
7. Organize important papers and keep a record of account and phone numbers
8. Make your family aware of all plans
9. Hold a practice drill
10. Update your emergency plans periodically

These may be the most important resolutions you ever make. Be sure to follow through on them because they can help you and your family be aware, be ready, and be safe all year long.