Congratulations! You have made the first step in protecting yourself and your family from the threat of terrorism and natural disasters. Terrorism can strike anyone, anywhere, and at any time. By reading this guide, you have made the decision to get prepared. Florida's Department of Health is here to help you and your family prepare for disasters that could affect your Florida community.

Your personal guide to disaster preparedness:

1. Get a Kit
- Make sure everyone knows the phone numbers of local emergency services.
- Have at least a 3-day supply of food, water, and medicine.
- Include extra blankets, clothes, and water purification tablets.

2. Make a Plan
- Meet regularly with your family to discuss and plan how to respond to disaster situations.
- Develop a family communication plan.
- Designate an out-of-state contact person.

3. Be Informed
- Stay informed about potential hazards in your area.
- Follow guidance from local authorities.
- Be aware of the different threats in your area.

Florida's Department of Health is working around the active participation of communities through the 3 steps of being prepared: 1. Get a Kit, 2. Make a Plan, 3. Be Informed. Contact information for local county health departments, the American Red Cross, the Florida Department of Health, and the Florida Medical Reserve Corps can be found in local communities.

Florida's Department of Health is dedicated to ensuring the health and safety of its citizens. By being prepared, you can better face any threat. Be in control and be prepared.