

WE NEED YOUR HELP!



BE A COMMUNITY HERO

We know heroic acts happen at times of crisis. But every day there are heroes among us...Community Heroes whose effort and commitment might keep some emergencies from ever happening.

Are you a Community Hero? You can be. You can reach out to people in your own city. Help us spread the word about the Red Cross and our mission.

- + Talk to your neighbors about health and safety as a volunteer with our Be Safe Program.
- + Provide assistance and have fun at special events in your community.
- + Help us with critical office work, make calls, answer phones or enter data.
- + Greet blood donors and help at donation sites and at Bloodmobile locations in your community.

Neighbors need each other. And the Red Cross needs YOU. Make a difference. Enrich your life. Be a Community Hero.

LOOKING FOR MORE WAYS TO HELP?

Look into joining our Disaster Action Team or our EMS Team. Become a driver with Transportation Services or teach a class. Go to [redcross.org](mailto:volunteer@redcross.org), call 612-872-3271 or e-mail volunteer@redcross.org.

get ready

YOU CAN TOUCH SOMEONE'S LIFE
YOU CAN SAVE SOMEONE'S LIFE
YOU CAN ENRICH YOUR OWN LIFE

We are the Twin Cities' lifesaving organization, comforting our neighbors and training them to respond to emergencies with confidence.

Anytime. Anywhere. In an instant an emergency can change a life. Your life. Are you prepared? You can be. There are three steps you can take to make life safer for you and your loved ones. Don't wait. **Get ready!**

3 STEPS



get ready

Learn about everything we do and how you can help. Go to redcross.org Call us: **612-871-7676**



American Red Cross
Twin Cities Area Chapter

1201 West River Parkway
Minneapolis, MN 55454



American Red Cross
Twin Cities Area Chapter



STEP 1 GET A KIT

STEP 2 GET A PLAN

STEP 3 GET INVOLVED

- Water.** At least 1 gallon per person for 3 days for drinking and sanitation.
- Food.** A 3 day supply of non-perishable, high-protein food like energy bars, ready-to-eat soup, peanut butter, etc. It should require no refrigeration, preparation or cooking and little or no water. Remember baby food and formula.
- Flashlight.** Include extra batteries.
- First Aid Kit.** With a first aid reference guide.
- Medication.** All needed prescription and non-prescription.
- Battery-operated Weather Radio.** Extra batteries.
- Tools.** A wrench to turn off gas (if necessary), dust mask, screwdriver, hammer, knife, pliers, manual can opener, duct tape, plastic sheeting, garbage bags & ties, whistle.
- Clothing.** A change of clothes for each person, including sturdy shoes and gloves.
- Personal Items.** Eyeglasses or contact lenses and solution, copies of important papers, including ID cards, insurance policies, birth certificates, passports, etc.
- Comfort Items.** Toys, games and books.
- Sanitary Supplies.** Toilet paper, towelettes, soap, feminine supplies, personal hygiene items, diapers, bleach, disinfectant, etc.
- Cash.** Credit cards and ATM's won't work if there's no power.
- Contact Information.** Carry a current list of family phone numbers and e-mail addresses. Include someone out of the area in case local phone lines are out of service.
- Pet Supplies.** Food, water, leash, litter box or plastic bags, tags, medications and vaccination records.
- Map.** Mark several possible evacuation routes.

- Talk.** Talk as a family about the disasters that can happen where you live. Make sure that every member of your household has responsibilities and knows what they are, so that everyone can work together as a team. It's important to designate alternates, too, in case a family member is absent.
- Plan.** Choose two places to meet after a disaster. The first is a designated spot immediately outside your home in the event of sudden emergencies such as a fire. The second is a specific place outside your neighborhood in case you cannot return home or are ordered to evacuate.
- Learn.** Make sure every adult in your household knows how and when to turn off utilities such as gas, electricity or water. Also make sure everyone in the home knows how to use your home fire extinguisher.
- Check your Kit.** Make sure your disaster supplies are up-to-date. Replace your water and food every six months.
- Inform and Communicate.** Let everyone in the household know where emergency contact information is kept. Make copies for everyone to carry. Keep the information updated. Make sure everyone in your household understands where to meet and how to communicate with each other in the event you are separated by an emergency.
- Practice.** You and your family should practice evacuating your house twice a year. You should also drive your pre-planned evacuation route and plot alternate routes in case main roads are impassable or grid-locked. You should also practice tornado and fire drills at home, school and work.



- Take a class.** Learn how to save lives. Make sure that at least one person in your household is trained in First Aid, CPR and AED. If there are non-swimmers in your family – young or old – sign them up for Red Cross Aquatics Classes.
- Donate.** Give money. Your support provides emergency shelter, food, clothing and crisis counseling when your neighbors need it most.
- Give blood.** Every 2 seconds someone in America will need a blood transfusion. It could be your neighbor. It could be a loved one. It could be you. Help save a life. Take part in a blood drive in your community or at a donation center. Call 1-800-GIVELIFE or go online to giveblood.givelife.org to learn more and to make a blood donation appointment.
- Give Your Time.** A little of your time as a Red Cross volunteer can make a big difference in your community.



Learn about everything we do and how you can help.
Go to redcrossct.org or call us: **612-871-7676**

get ready

