



Days 22-28: Be Informed, Be Prepared, Be Involved

“An investment in knowledge always pays the best interest.”

- Benjamin Franklin



If we need immediate assistance, we know to call 911. When disasters strike; however, it may take time for first responders to arrive. Roads may be blocked. There may be a number of people calling for assistance at the same time and that can cause delays in getting to you. That delay can mean life or death. It's why it takes a community to respond and recover when disasters strike. Week 4 (days 22-28) includes tips on how you can help yourself, loved ones and your community. All it takes is starting with one tip to be better involved...and prepared.

By the way, if you're wondering what tips 1-21 are, you can find them [here](#).

Let's get started!

DAY 22: BE IN THE KNOW ON WHO TO KNOW

Learn who your county and local emergency management coordinators are. If they send messages through social media or their website, it is a handy way to find relevant information. If you have special needs, it's important they know so they are better able to plan to respond when disaster strikes.

- PEMA: [Find my emergency management department](#)
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DAY 23: SPECIAL NEEDS CAN TAKE SPECIAL PLANNING

Read this tip sheet for people with disabilities. For those with special needs, being prepared can take some extra planning. Since the usual ways of support and assistance may not be available for some time after an emergency, it is important to have a strong support network. And the more you can prepare and practice for

an emergency situation, the more likely it is that you will be able to successfully deal with and recover from a disaster

- PEMA: [Special Needs Tips](#)
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DAY 24: WITH AGE COMES WISDOM

Download the pocket guide for older adults. A recent survey conducted by PEMA revealed that only 26% of Pennsylvanians age 65 and older have a plan in place for when disaster strikes. This sobering statistic tells us that we all have friends, family, and neighbors who have no plan for how to act when a disaster is imminent. According to the 2010 U.S. Census, nearly one-third of older adults reside outside of a nursing home or hospital setting. This reality makes the creation and maintenance of a support network particularly important.

- PEMA: [A 3-step guide on emergency preparedness for older adults.](#)
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DAY 25: TAKE 5 TO STAY ALIVE

Learn five simple steps that may save a life. Call 9-1-1, Stay Safe, Stop the Bleeding, Position the Injured, Provide Comfort. Now that you learned what the steps *are*, take a look at this free training provided by FEMA on how what to *do*. It could save your or a loved one's life.

- Free FEMA Training: [Until Help Arrives](#)
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DAY 26: THE BASICS ARE GOOD TOO

Learn first aid. Life-threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. Learn basic first aid and CPR.

Red Cross: [Find a class near me](#)

DAY 27: BEN FRANKLIN DID IT. BE LIKE BEN FRANKLIN

Be involved. Why have a quote from Ben Franklin when we are talking about being involved? Ben Franklin helped to form the first firefighting organization in Philadelphia in 1736. There are many ways to be involved. And when you're involved, you're better prepared. Pennsylvania relies heavily on volunteer fire, EMS and emergency management personnel. But you don't have to be a responder to be involved. From volunteering with a Community Emergency Response Team to

working with a local volunteer organization that helps your neighbors recover. There are so many ways to help.

- [Learn about ways that you can be involved in your community before, during or after disaster strikes.](#)

DAY 28: SHARE WHAT YOU KNOW WITH THOSE YOU KNOW

Sign up for the ReadyPA Newsletter. Each month, ReadyPA sends a newsletter to those who request it. Included in each newsletter is an Action Sheet that provides tips and tools for how to stay informed, prepared and involved. Sign up for the news letter and share it with your family, neighbors, and friends. It's free. Sign up by sending an email to:

RA-EMPEMAEXTAFFAIRS@pa.gov (that's us here at PEMA) and add "ReadyPA Monthly" in the subject line.

You don't have to wait for the next issue, you can find many of the fact sheets on our website.

- ReadyPA : [Handy Fact Sheets](#)

If you have questions, you can always contact us. You can also contact your county emergency management agency. Don't know how? Find out [here](#).



*The **Pennsylvania Emergency Management Agency** helps communities and citizens mitigate against, prepare for, respond to, and recover from emergencies including natural disasters, acts of terrorism, or other human-made disasters. PEMA supports county emergency management agencies by coordinating and engaging the whole community including federal and state partners, volunteer organizations involved in disasters, private sector business community and citizens.*

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