

This is a bReadySD alert from the South Dakota Department of Health. If a situation arises that would require you to leave your home or be at home without many of the necessities we take for granted, would you be ready? You can be if you have a bReady Kit. If you don't already have a bReadyKit, you should prepare one as soon as possible.

Your bReady Kit should include the necessary items to help you and your family get through an emergency situation. The items should include: enough bottled water to last one week; a 3 to 5 day supply of nonperishable food; one change of clothing and shoes per person; at least three days worth of all prescription medicines; a lantern-style flashlight; a manual can opener; a battery-powered or hand-crank radio, hygiene basics, including soap, toothpaste, toilet paper and moist towelettes; a First Aid kit; as well as copies of your essential records, including Social Security cards, health insurance cards, home-owners insurance information and cards, family contacts and phone numbers, and a detailed list of all medications.

Go to bReadySD.com for more background and information.