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Commissioner & Adjutant General

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**Department of Military
and Veterans Affairs**

Joint Base Elmendorf-Richardson, Alaska

STATE OF ALASKA

PRESS RELEASE

FOR IMMEDIATE RELEASE

September 15, 2021

SOA Division of Homeland Security and Emergency Management

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Emergency Supply Kit essential to Family and Individual Preparedness

September is National Preparedness Month. The Alaska Division of Homeland Security and Emergency Management is asking individuals and families to take a few easy steps that will help themselves cope with a natural disaster.

The DHS&EM recommends each household has enough supplies for two or more weeks. However, assembling any amount of emergency supplies is a good start. Alaskans should not be discouraged if they do not have the time, space, or money to assemble a two-week kit.

Good, Better, Best is our campaign to encourage Alaskans to become better prepared for disasters. The campaign focuses on breaking the process of emergency preparedness down to a set of smaller, more attainable goals. This makes the process less overwhelming mentally and financially.

“Using a stepped method, we encourage people to become self-sufficient for 3 days (Good) then move up to 7 days (Better) then up to 2 weeks (Best). The goal is to make emergency preparedness to every Alaskan,” said Director Bryan Fisher, DHS&EM.

Items an emergency kit should include are:

- Food – Self stable easy to prepare food
- Water – one gallon, per person, per day
- First Aid Kit – with regular medication
- Flashlight – avoid open flame for light
- Extra Batteries – radio, phone, and light
- Radio – NOAA Weather Alerts
- Personal Hygiene Items – clean is good
- Cash – electronic banking unavailable
- Indoor Safe Heat Source – fuel needed
- Warm Clothing – all family members

For more information on how to start your preparedness journey go to: Ready.Alaska.Gov

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