COMMUNITY • OUTREACH • RESOURCES • ENVIRONMENT

READY TOGETHER

WEBSITE
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FACEBOOK
facebook.com/COREgrassroots

Get the online guide.
Scan for checklists, local alert links and our community group.

C.O.R.E. is a non-partisan grassroots initiative building neighbor-to-neighbor resilience in the Omaha area.

START HERE

COULD YOU MANAGE 72 HOURS?

START WITH 72 HOURS.

Build from there. The goal isn't perfection. It's being able to care for your household while normal services are disrupted.

1. **Water**
   Do you have enough stored for drinking and basic needs?
2. **Light & power**
   Could you light your home and charge a phone without the grid?
3. **Information**
   Can you receive emergency alerts if the internet or power fails?
4. **Food & medication**
   Could your household manage if stores and pharmacies were temporarily unavailable?
5. **People**
   Does everyone know where to go, who to call, and who may need help?

Don't wait until you can afford a perfect kit.
Start with what you have. Add to it over time. Make a plan that works for you and the people you live with.

C.O.R.E.

EMERGENCY PREPAREDNESS

WHEN THE STORM HITS.

Would your household be ready if power, water, communications, transportation or access to stores were suddenly disrupted?

A PRACTICAL GUIDE TO PREPARING YOUR HOME, YOUR FAMILY & YOUR NEIGHBORS

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01 • BUILD

Your Emergency Kit

Water & Food

- ☐ Water: 1 gallon per person, per day; aim for 3 days (more for pets)
- ☐ Non-perishable food for at least 3 days
- ☐ Camp stove or canned-heat burner, plus fuel (use outdoors only)
- ☐ Manual can opener

Health & Sanitation

- ☐ First aid kit
- ☐ Prescriptions and a medication list
- ☐ Sanitizer, wipes, dust masks
- ☐ Heavy trash bags and a bucket for a backup toilet

Light, Power & Tools

- ☐ Flashlights or lanterns, plus extra batteries (solar or rechargeable work too)
- ☐ Matches or lighters (keep them dry)
- ☐ Phone battery pack or car charger
- ☐ Battery or hand-crank weather radio
- ☐ Whistle, duct tape, zip ties and basic tools

Documents & Money

- ☐ Cash in small bills
- ☐ Copies of ID, passport and insurance cards
- ☐ Medical information
- ☐ Key phone numbers written on paper
- ☐ A waterproof bag to keep them in

For Your Household

- ☐ Baby supplies, pet food, special needs
- ☐ Blankets or sleeping bags, warm clothes, extra socks and hand warmers

Make it grab-and-go. Keep supplies together where they're easy to find and carry. Check them each season and replace anything expired or used.

02 • PLAN

Make a Household Plan

Write It Down

Local emergency contact: _____

Out-of-town contact: _____

Meeting place near home: _____

Meeting place outside your neighborhood: _____

Know Your Way Out

- ☐ Know two ways out of your home and neighborhood
- ☐ Keep routes and contacts where you can reach them without the internet

Plan for Everyone

- ☐ Children, older adults, pets, and anyone with medical or mobility needs
- ☐ Know which medications and equipment must go with you

If the power's out...

Carbon monoxide kills. Never run a generator, grill or camp stove inside your home or garage. Keep generators 20 feet from windows. Use a battery-powered CO alarm.

Cold: pick one room to stay in, layer up and close off the rest of the house.

Heat: go somewhere cool (a library, a friend's home, a cooling center), drink plenty of water and check on neighbors.

Practice the plan. Everyone in the household should know where to meet and what to do, not just the person who made it.

03 • CONNECT

Build Community Resilience

In a major emergency, neighbors may be the people closest to you. Preparedness isn't only what you have. It's who you can count on.

Who needs help? Older adults, kids, people with disabilities or medical needs.

Who has skills? First aid, cooking, repair, childcare, communication.

Who has resources? Tools, generators, vehicles, extra food, water, space.

Who can check in? Pick a few neighbors and make a simple plan.

Stay Informed & Find Help

- **Douglas County alerts:** free ReachWell app, channel "Douglas-Omaha Alerts"
- **Sarpy County alerts:** sign up for "Sarpy County ALERTS" at sarpy.gov/alerts
- **Power outage (OPPD):** 1-800-554-6773, any time
- **Need food, shelter or other help:** dial 2-1-1
- **Don't rely on outdoor sirens alone.** Turn on Wireless Emergency Alerts on your phone, keep a battery-powered NOAA weather radio (especially for overnight alerts), and follow local news apps and broadcasts.
- **Forecasts and warnings:** weather.gov
- **Local radio:** 1110 KFAB AM, 91.5 KIOS-FM (NPR), 101.9 FM (Nebraska Public Media)

Know Your Local Risks

Tornadoes • Severe storms • Flooding • Winter storms • Outages • Extreme heat

Prepared neighbors become a stronger community. C.O.R.E. is building the connections, skills and shared resources that help us weather disruption together.