United We **Prepare**™

Resilience in Readiness

Five Simple Steps to Start Now

With Verizon's support, United Way is working to help you be better prepared for any disaster. This guide is a collection of experts' advice, curated from the nation's best emergency guides.

And we've made it simple. Here are 5 low- or no-cost steps to prepare yourself, your family, your business, and your community for disaster. The rest of this guide offers more details on these actions.

Taking action now will give you peace of mind – and may save you recovery time, energy, and money when disaster strikes.

No one can predict the future, but each of us can take steps to prepare for the unknown. Visit the Frederick County Emergency Preparedness website for more information, workshops, and tools for disaster preparedness.

1 Identify your support network and key emergency contacts.

Add their numbers to your mobile device (smartphone or tablet) – categorized as an emergency contact – and make sure they have yours.

2 Get connected.

Make sure your phone is enabled to get local alerts and warnings. When emergencies strike, public safety officials use these systems to alert you.

3 Assess your needs.

This includes the needs of your family and friends. Take action to meet those needs now. Add your medical information to your phone. Build an emergency essentials kit for your home and a "go bag" for your car. Keep a (charged) power bank in each.

4 Safeguard key documents and document valuables.

Use your phone to take photos of key documents and document valuables. Save the video and images in the cloud or external storage.

5 Engage your support network.

Now that you've taken these steps, make sure your family has done the same. Check in with your closest friends and extended family to share these tips. Discuss who will get Grandma and her oxygen tank, or make sure Dad is squared away.