



American Red Cross

Northwest Arkansas Chapter

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Have you got 7? Last year's Ice Storm taught all of us that we need to keep supplies on hand in case of an emergency so we can take care of ourselves and our families until emergency services are available to assist or until power is restored. The American Red Cross of Northwest Arkansas encourages the entire community to "Get 7" and pledge to make Northwest Arkansas the most prepared area in the country! **It's easy to participate!** Use our handy 7 item checklist to gather the necessary supplies for you and your family. Then, complete our "I've Got 7!" pledge card and send it in or pledge online to add to our growing list of community members who have "Got 7".



- Water and Food that doesn't spoil.**
Having an ample supply of clean water is a top priority in an emergency. If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. **Change your water every 6 months** to keep it fresh. Select foods that require no refrigeration, preparation or cooking, and little or no water. Remember to keep a non-electric can opener on hand in case of electric outages.
- Warm change of clothing and a blanket for each person.**
Keep at least one complete change of clothing and footwear per person in household. Remember to include supplies such as blankets, hat and gloves, and rain gear.
- Battery powered radio and a flash light with lots of extra batteries.**
An emergency can happen at any moment you should always have a battery-operated radio and flashlights and extra batteries on hand.
- Eye glasses, medicines and toiletries.**
Remember to keep a supply of necessary personal items including: feminine supplies, extra eye glasses, personal hygiene items, insulin, household chlorine bleach, contact lenses and supplies, prescription drugs, heart and high blood pressure medications.
- Have ample cash**
ATMs and credit cards won't work if power is out.
- Have specialty items for children, elderly and disabled persons and pets.**
Finding documents, supplies and other important items can be difficult during an emergency. Keeping identification cards, birth certificates, passports and other items together in a safe place will help. Remember to keep enough supplies for babies and children in case roads are unsafe. Make sure to keep pet supplies including pet carrier, plastic bags, vaccination information ready if you need to have a pet boarded.
- Red Cross Training (First Aid, CPR, and Preparedness).**
The American Red Cross offers a variety of courses including Adult/Child/Infant CPR, AED Training, First Aid, and Disaster Preparedness Education.