



**Is Your Family Prepared for an Emergency?  
TAKING THE FIRST STEP**

Mothers with Children in the Household:  
Questions Mothers Must Consider

**Nutrition:** Is there enough food at home to feed everyone for at least 3-5 days? Have I planned for my children's specific nutritional requirements? Are there vitamins in the house?

**Medicine:** Does my family have a first aid kit? Do my children require prescription drugs or other medicine? How will I access this medicine in an emergency?

**Logistics:** Where will my children be if they are not with the family when a threat to public health strikes? Who will pick up my children from day care or school? Is there a plan in place at the school or day care?

**Communications:** How will my family communicate in the event of an emergency? If we cannot get in touch, do we have a designated meeting spot?



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## For More Information on How to Make Sure Your Family is Prepared for an Emergency:

- Knox County Health Department: [www.knoxcounty.org/health](http://www.knoxcounty.org/health) (click on “Emergency Preparedness”) or call 215-5093.
- American Red Cross Knoxville Area Chapter: [www.knoxarc.org](http://www.knoxarc.org) (click on “Are You Prepared?”)
- U.S. Department of Homeland Security: [www.ready.gov](http://www.ready.gov)



**Public Health**  
Prevent. Promote. Protect.

Knox County Health Department  
Emergency Preparedness

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