

PUBLIC INFORMATION STATEMENT
NATIONAL WEATHER SERVICE RALEIGH NC
800 AM EST WED MAR 06 2013

SEVERE WEATHER AWARENESS WEEK IN NORTH CAROLINA
MARCH 3 - MARCH 9

This week has been declared North Carolina's Severe Weather Awareness week for 2013. In addition, this week is also NOAA and FEMA's National Severe Weather Preparedness Week.

Today's theme is: *Be a Force of Nature: Build a Kit*

A disaster supplies kit is simply a collection of basic items your household may need in the event of a weather emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after a weather emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

Some basic items you'll want to include in your emergency kit include:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Cleaning items, moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities

- Adequate clothing, such as a jacket or coat, long pants, a long sleeve shirt, sturdy shoes, rain gear, and a hat and gloves
- A sleeping bag or warm blanket for each person
- Mess kits, paper towels, paper cups, plates and plastic utensils
- Fire Extinguisher
- Matches in a waterproof container*
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Finally, if you rely on electricity to operate life sustaining equipment, have a backup power supply and know how to connect and start it.

You can learn more about building a kit, and download a more complete list of kit items by visiting <http://www.ready.gov/build-a-kit>. Pledge to prepare, then be a force of nature by encouraging your friends, family, neighbors, and co-workers to do the same.