

## BONUS! checklist

Once you've found a preparedness buddy, gather these nine essential items you'll want to have on hand in case of an emergency:

1. water  ☐
2. food  ☐
3. clothes  ☐
4. medications  ☐
5. flashlight  ☐
6. can opener  ☐
7. radio  ☐
8. hygiene items  ☐
9. first aid  ☐

SOUTHWEST  
UTAH PUBLIC  
**HEALTH**  
DEPARTMENT



[www.swuhealth.org](http://www.swuhealth.org) 435-986-2579  
[www.facebook.com/swuhealth](https://www.facebook.com/swuhealth)

All done filling out this pamphlet?  
Call your preparedness buddy  
**RIGHT NOW** and make sure he  
or she knows they're part of your  
plan!



# PREPAREDNESS BUDDY



PERSONAL EMERGENCY PLAN  
BUDDY SYSTEM STYLE

# personal emergency plan



YOU CAN DO THIS, JUST CHECK  
OFF THE BOXES.

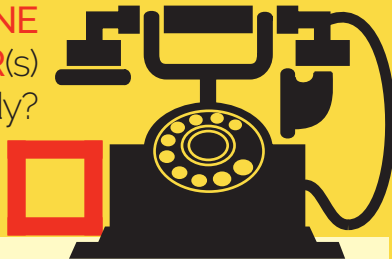


Do you have  
someone who  
could check  
in on you if  
an emergency  
happened?  
**WHO IS IT?**

---

---

What is the  
**PHONE  
NUMBER(s)**  
of your buddy?



---

---



Now write down any  
**MEDICATION**  
you need to sustain life.

---

---

---

---

---

---

---

---

---

---

Thank you for being prepared!  
This plan will help others  
(including first responders) to  
better assist you in the event of an  
emergency.

What medical  
**EQUIPMENT**  
would you need  
in case of an  
emergency  
evacuation?



What else does your  
buddy need to know?

---

---

---

---

---

---

---

---