

# WHAT THE HEALTH!?

**Are you Prepared?**

Nearly half of U.S. adults do **NOT** have the resources and plans in place in the event of an emergency.

Store a 3-day supply of water: one gallon per person, per day.

Store at least a 3-day supply of non perishable, easy to prepare food.

48% of Americans do **NOT** have emergency supplies.

44% of Americans do **NOT** have first aid kits.

20% of Americans get emergency info from mobile apps. Keep a charger handy in an emergency.

20% of Americans use social media for alerts and warnings. Make sure to keep a charger handy in an emergency.

52% of Americans do **NOT** have copies of crucial personal documents.

Don't forget your pets! You need a 3-day supply of food and water per pet.

**Prepare supplies for home, work, and vehicles. Emergencies can happen anywhere.**

For more information visit: [emergency.cdc.gov](https://emergency.cdc.gov)



**YOU MAY NOT BE AT HIGH-RISK FOR SEVERE COVID-19...**



**BUT YOUR LOVED ONES ARE. GET VACCINATED AGAINST COVID-19!**

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## Parents: Know the Signs of a Head Injury!

- Light and/or Noise Sensitivity
- Feeling Tired
- Headaches
- Vision Problems
- Nausea or Vomiting (early on)
- Sleeping More or Less than Usual
- Difficulty Concentrating
- Anxiety
- Feeling More Emotional

**If your child is showing any of these symptoms following a head injury, contact their health care provider right away!**

