

# Poway Neighborhood Emergency Corps.



Do you have an *Emergency Survival Kit*? Are you ready for any emergency? Who knows when a disaster could strike! PNEC wants you to be prepared. You know what they say “better safe than sorry!”

PNEC encourages individuals to gather supplies and necessities needed for what we call “**The Power of 3**” It is the basics of an emergency preparedness plan that focuses on; 1st. The first 3 minutes, 2nd. The first 3 hours, 3rd. The first 3 days, 4th. The first 3 months, and finally, The first year after a disaster.

## **THREE MINUTE GO KIT**

***Good Shoes & Socks,***

***Whistle,***

***Flashlight,***

***Leather Gloves,***

***Light weight clothes and jacket,***

***Heavy weight plastic drawstring bag.***

Place all items in plastic bag then attach bag to the end of the bed for immediate use during/after an emergency.

“**The Power of 3**” is a baby steps approach to emergency preparedness. So, if you aren’t fully prepared for an emergency, PNEC encourage’s you to gather up these suggested supplies and take the first step to become “ready”.