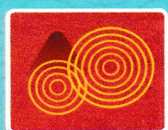


GH Report

From the Experts at the Good Housekeeping Institute



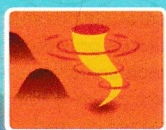
EARTHQUAKES



WILDFIRES



FLOODS



TORNADOES



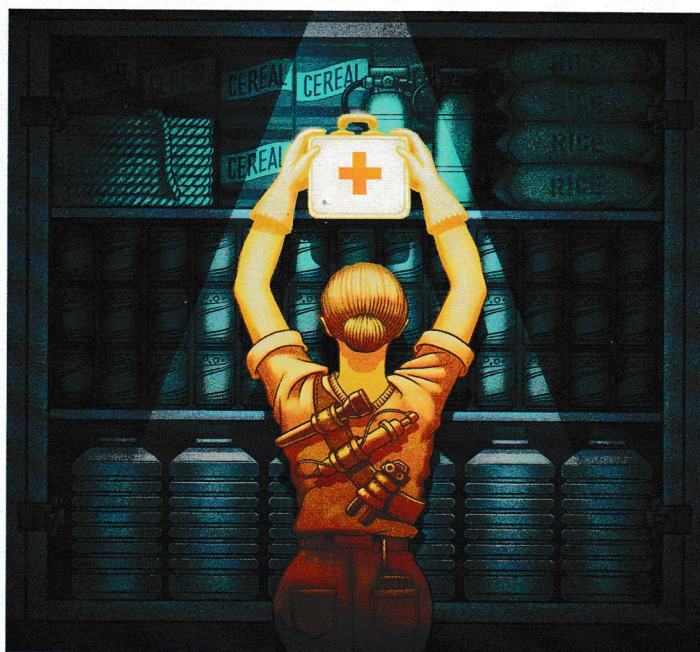
BLIZZARDS



TROPICAL STORMS
& HURRICANES

How to Be **Ready for Anything**

Even a global pandemic couldn't stop wildfires, floods and other natural disasters from wreaking havoc. And scientists project that climate change will continue to bring soaring temperatures, expanding areas of drought and an increase in the frequency and severity of storms. But the experts in the Good Housekeeping Institute have your back — we've updated our advice for how to prepare now for a safer future.



PRE-DISASTER TO-DO LIST

Be the fam with the plan — make it, share it, use it!

1 Pack a go bag.

Include a first aid kit, water and other essentials. For help, visit [ready.gov/kit](https://www.ready.gov/kit).

create a buddy system, and if you have pets or service animals, choose an animal-friendly meeting location.

2 Activate emergency phone alerts.

The major U.S. carriers will push alerts to your phone, but you need to have them turned on. If you don't have a smartphone and you're aware of a threat, call 211 for local assistance available to you.

4 Figure out your first phone call.

Choose someone you trust to be an emergency contact. This person should be outside the range of any emergency that might affect you so they can accept calls and relay messages if you are having trouble reaching others.

a disaster—include your emergency contact, your doctor, your vet, Poison Control, utilities and insurance providers, schools and offices. If your phone is lost, damaged or dead, you'll need a cheat sheet. Visit [ready.gov](https://www.ready.gov) for a Family Communication Plan template.

3 Pick a family meeting spot.

Choose a familiar, easy-to-find location where everyone can meet if you're not together when disaster strikes. If you have family members who will need assistance to evacuate,

5 Make a list of important numbers now!

Write out on paper, for each household member, a list of names, numbers and street addresses you might need to access after

6 Protect critical documents.

Keep important papers like passports, birth and adoption certificates, wills, deeds and rental agreements sealed in a fireproof safe. Our experts like the Honeywell 6104 Fire Resistant Steel Security Box (\$55, [honeywellstore.com](https://www.honeywellstore.com)).

DON'T TOSS YOUR EMERGENCY RATIONS WITHOUT READING THIS

Facts about dates on food items



"Best by," "Use by," "Sell by"... what does it all mean?

Confusion about expiration labels and fear of potential foodborne illness are reasons more than 80% of Americans discard perfectly good food. Know that the dates you see on packaging usually don't relate to an item's safety. The U.S. Department of Agriculture Food Safety and Inspection Service (FSIS) breaks down the phrasing on food product dates as follows:

BEST IF USED BY/BEFORE: This indicates how long a product will have the best flavor or quality. It does not relate to safety or purchase date.

SELL BY: This tells the store how long to offer the product for sale, for inventory management. It is not a date related to safety.

USE BY: This is the last recommended date the product should be used to be at peak quality. It only relates to safety when used on infant formula.

FREEZE BY: This is the date by which a product should be frozen to maintain peak quality. It does not relate to safety or date of purchase.

FSIS says that a food product (with the exception of infant formula) should still be safe to consume past these dates if handled properly, as long as no spoilage is evident.

SO HOW DO I KNOW IF FOOD IS BAD?

Use your senses rather than printed dates. If you notice any sign of spoilage such as mold, an off odor or flavor or a different-than-expected texture, do not eat the food.