

# Emergency Preparedness: Level 3 Certification Checklist

## CPR

At least one household member is certified for:

- ☐ CPR
- ☐ First aid
- ☐ CERT (Citizens Emergency Response Team)

## Insurance

- ☐ Have a natural disaster policy to cover floods, earthquake, and other natural disasters.

## Estate Documents

For parents/adults complete a:

- ☐ Last will and testament
- ☐ General durable power of attorney.
- ☐ Living will.
- ☐ A medical power of attorney.
- ☐ HIPAA proxy.

## Safeguard Documents

Make photocopies or digital backups on a thumb drive of all important documents including:

- ☐ Have a safe deposit box or fire/water resistant safe to store important documents and cash.

## Radio License

- ☐ At least one household member has an amateur radio operator license.

## N95 Masks

- ☐ Have a stock of N95 masks that fit every member of your household.

## Food & Water Storage

- ☐ Store 1 year of food and toiletries for all household members.
- ☐ Store 1 month of water for your household to include at least 1 gallon of water per person per day.

## Financial Reserve

- ☐ A minimum of \$300 of cash set aside (not money in the bank – physical cash), including small denominations and coins.
- ☐ 3 months of budgeted expenditures in a savings account.