

» what is do 1 thing?

DO 1 THING is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters. Being prepared for disasters and emergencies can seem like a big job. Many people don't know where to start, so they never start at all. The Do 1 Thing program can help you take small steps each month to become better prepared.

» being
prepared
is easy



do1thing.com

815 Marshall
Lansing, MI 48912

do1thing

SMALL STEPS TOWARD BECOMING
PREPARED FOR AN EMERGENCY

how to use the do 1 thing program:

It's as easy as this:

- 1 Go to do1thing.com and sign up!
- 2 Click on "12 things"
- 3 Do that one thing!

If you follow along for an entire year, you will be better prepared to handle most disasters and emergencies. You don't have to do things in any order. You can jump in anytime!

To keep you on track, we'll send you an email reminder of each month's topic. If you sign up, the website will help you keep track of your progress. It's free, completely optional and we promise to never share your information with anyone. Ever.

VISIT OUR WEBSITE AND SIGN UP TODAY!



do1thing.com

jan
feb
mar
apr
may
jun
jul
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dec

-  **GOAL:** Understand what puts you at risk from disasters and take steps to lower your risk.
-  **GOAL:** Have 72 hours (3 days) worth of water stored for your household.
-  **GOAL:** Know how to respond safely when instructions are given to evacuate or take shelter.
-  **GOAL:** Have an emergency food supply that will meet the needs of your household for three days without outside help.
-  **GOAL:** Make sure the people who count on you are prepared for a disaster.
-  **GOAL:** Be aware of and prepare for your family's unique needs.
-  **GOAL:** Have the ability to communicate with family members during a disaster.
-  **GOAL:** Make your community stronger by getting trained and getting involved.
-  **GOAL:** Make sure everyone in your household can receive, understand, and act on information received in an emergency.
-  **GOAL:** Be able to safely meet your basic needs during an electrical outage.
-  **GOAL:** Remember important items that may be overlooked when leaving your home in a disaster.
-  **GOAL:** Be prepared to give first aid while waiting for an ambulance.