**For Immediate Release**  **Contact:**

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**Chamberburg IAFF Local 1813** **Fire Fighters Recommend Planning Ahead for a Disaster**

Chambersburg, PA – Disasters can take many forms – home fires, hurricanes, floods, earthquakes – and they can strike anywhere, at any time.

“Before a disaster strikes, it’s important for families to have a plan. If you don’t already have one, make it your New Year’s resolution. Start preparing now so you don’t have to panic later,” says Local 1813 member Ben Myers.

Local 1813 suggests using the following guidelines to create a personalized plan for you and your family:

* Discuss the types of disasters (tornado, hurricane, flood, wildfire, earthquake, etc) that are most likely to occur in your area and the best ways to respond.
* Establish meeting places inside and outside your home, as well as outside the neighborhood.
* Make sure everyone knows when and how to contact each other if separated.
* Make sure everyone knows the contact’s phone number.
* Stock emergency supplies, such as food, water and medications and assemble a disaster supply kit or a “go bag” with sufficient quantities to last for at least 72 hours. Store your supplies in a dry, cool place and be sure to include flashlights, batteries and a radio.
* Learn basic first aid. At the very least, each family member should know CPR, how to help someone who is choking and first aid for severe bleeding and shock. The American Red Cross offers basic training.

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