

# PrepareAthon

## FAMILY RESILIENCY CHECKLIST

Learn how to be ready when a disaster strikes! Follow this checklist to uncover life-saving information that will help you protect your family during an emergency and learn more about resiliency.

Challenge yourself to become a Resiliency Star by scoring three points in each area or 10 points overall as you celebrate preparedness!



### EMERGENCY PREPAREDNESS

- Learn about hazards most relevant to your area**
  - At PrepareAthon:** Attend Bill Sammler's Presentation at 11 am
  - At Home:** Visit [www.vaemergency.gov/readyvirginia/stayinformed](http://www.vaemergency.gov/readyvirginia/stayinformed)
- Make a family plan for meeting and evacuation in case of emergencies**
  - At PrepareAthon:** Attend a Regional Emergency Management Presentation
  - At Home:** [www.vaemergency.gov/readyvirginia/makeaplan](http://www.vaemergency.gov/readyvirginia/makeaplan)
- Prepare an emergency management kit**
  - At PrepareAthon:** Attend a Disaster Preparedness Workshop
  - At Home:** [www.vaemergency.gov/readyvirginia/getakit](http://www.vaemergency.gov/readyvirginia/getakit)
- Stay informed through the local alert system**
  - At PrepareAthon:** Talk with Local Emergency Management Contacts
  - At Home:** [lcmd.vdem.virginia.gov/Public/Default.aspx](http://lcmd.vdem.virginia.gov/Public/Default.aspx)

Emergency Preparedness Total: \_\_\_\_\_



### SUSTAINABLE LIFESTYLE

- Save energy by conducting an energy audit, stopping air leaks and using LED lights**
  - At PrepareAthon:** Talk with representatives from Dominion Virginia Power and Richmond Region Energy Alliance
  - At Home:** Visit [www.VirginiaEnergySense.org](http://www.VirginiaEnergySense.org)
  - At Home:** Visit [www.energy.gov](http://www.energy.gov)
- Conserve water inside and outside your home**
  - At Home:** Visit [www3.epa.gov/watersense](http://www3.epa.gov/watersense)
- Manage stormwater around your home**
  - At PrepareAthon:** Attend the Rain Barrel Workshop
  - At PrepareAthon:** Talk with representatives from Richmond Department of Public Utilities
  - At Home:** Visit [www.richmondgov.com/PublicUtilities/StormwaterUtility/index.aspx](http://www.richmondgov.com/PublicUtilities/StormwaterUtility/index.aspx)
- Use native plants and reduce the use of toxic chemicals for landscaping**
  - At PrepareAthon:** Visit the Museum's Bayscapes Garden
  - At Home:** Visit [www.fws.gov/chesapeakebay/bayscapes.htm](http://www.fws.gov/chesapeakebay/bayscapes.htm)
- Make healthy food choices and reduce food waste by careful shopping and cooking**
  - At PrepareAthon:** Talk with representatives from the Virginia Department of Health
  - At Home:** Visit [www.ext.vt.edu/topics/food-health/index.html](http://www.ext.vt.edu/topics/food-health/index.html)
- Recycle and reuse whenever possible**
  - At Home:** Visit [www.deq.virginia.gov/Programs/LandProtectionRevitalization/RecyclingandLitterPreventionPrograms/Recycling.aspx](http://www.deq.virginia.gov/Programs/LandProtectionRevitalization/RecyclingandLitterPreventionPrograms/Recycling.aspx)
- Walk, bike or use mass transit at least a third of the time**

Sustainable Lifestyle Total: \_\_\_\_\_

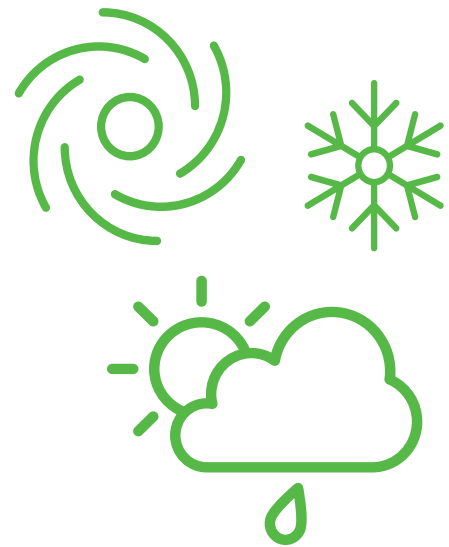


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## ADAPTATION STRATEGIES

- Grow your own food and/or support local food producers by going to farmers' markets**
  - At PrepareAthon:** Talk with representatives from Tricycle Gardens
  - At Home:** Visit [buylocalvirginia.org](http://buylocalvirginia.org)
  - At Home:** Visit [www.virginia.org/farmersmarkets](http://www.virginia.org/farmersmarkets)
  
- Consider energy saving improvements to your home and conduct an energy audit to prioritize improvements**
  - At Home:** Visit [www.energy.gov/public-services/homes/home-weatherization/home-energy-audits](http://www.energy.gov/public-services/homes/home-weatherization/home-energy-audits)
  - At Home:** Visit [www.dmme.virginia.gov/DE/EnergyAudits.shtml](http://www.dmme.virginia.gov/DE/EnergyAudits.shtml)
  
- Look into clean energy options and discover Solarize initiatives in your area**
  - At PrepareAthon:** Talk with representatives from Virginia Solar United Neighborhoods and Richmond Region Energy Alliance
  - At Home:** Visit [www.vasun.org](http://www.vasun.org)
  
- Purchase Energy Star and Water Sense appliances and fixtures when you need to replace furnaces, air conditioning units, kitchen appliances or toilets**
  - At PrepareAthon:** Talk with representatives from Viridiant
  - At Home:** Visit [www.energystar.gov](http://www.energystar.gov)
  - At Home:** Visit [www3.epa.gov/watersense/index.html](http://www3.epa.gov/watersense/index.html)
  
- Make your home as "hazard ready" as possible**
  - At Home:** Visit [www.disastersafety.org/fortified/fortified.home](http://www.disastersafety.org/fortified/fortified.home)
  
- Consider buying an electric vehicle when it's time to replace your existing car**
  - At Home:** Visit [www.afdc.energy.gov/vehicles/electric.html](http://www.afdc.energy.gov/vehicles/electric.html)
  
- Buy a gas-fired, propane or solar powered back-up generator**
  - At Home:** Visit [www.vaemergency.gov/ReadyVirginia/makeaplan/safety](http://www.vaemergency.gov/ReadyVirginia/makeaplan/safety)



**Adaptation Strategies Total:** \_\_\_\_\_

**Resiliency Checklist Total:**



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