



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

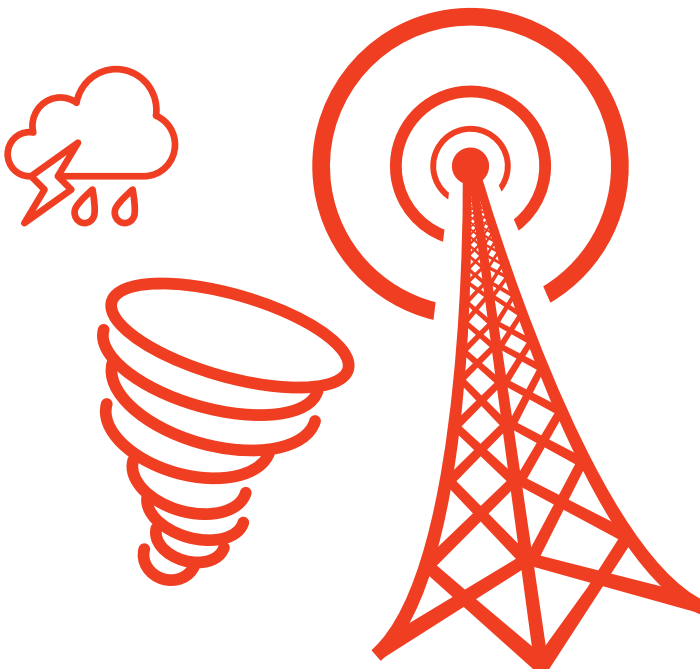
- Learn about hazards most relevant to your area**
 - At Home:** Visit www.vaemergency.gov/readyvirginia/stayinformed
- Make a family plan for meeting and evacuation in case of emergencies**
 - At Home:** www.vaemergency.gov/readyvirginia/makeaplan
- Prepare an emergency management kit**
 - At Home:** www.vaemergency.gov/readyvirginia/getakit
- Stay informed through the local alert system**
 - At Home:** 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 Home:** Visit www.VirginiaEnergySense.org
 - At Home:** Visit www.energy.gov
- Conserve water inside and outside your home**
 - At Home:** Visit www3.epa.gov/watersense
- Manage stormwater around your home**
 - At Home:** Visit www.richmondgov.com/PublicUtilities/StormwaterUtility/index.aspx
- Use native plants and reduce the use of toxic chemicals for landscaping**
 - At Home:** Visit www.fws.gov/chesapeakebay/bayscapes.htm
- Make healthy food choices and reduce food waste by careful shopping and cooking**
 - At Home:** Visit 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
- Walk, bike or use mass transit at least a third of the time**

Sustainable Lifestyle Total: _____

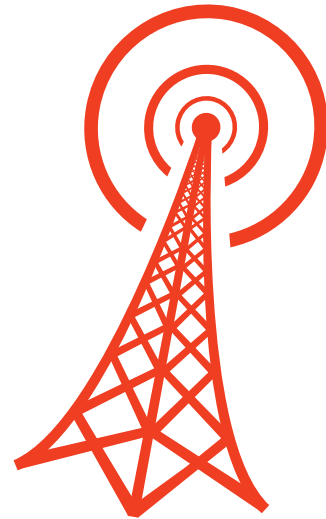




PrepareAthon FAMILY RESILIENCY CHECKLIST

ADAPTATION STRATEGIES

- Grow your own food and/or support local food producers by going to farmers' markets**
 - At Home:** Visit buylocalvirginia.org
 - At Home:** Visit 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
 - At Home:** Visit www.dmme.virginia.gov/DE/EnergyAudits.shtml
- Look into clean energy options and discover Solarize initiatives in your area**
 - At Home:** Visit 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 Home:** Visit www.energystar.gov
 - At Home:** Visit www3.epa.gov/watersense/index.html
- Make your home as "hazard ready" as possible**
 - At Home:** Visit 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
- Buy a gas-fired, propane or solar powered back-up generator**
 - At Home:** Visit www.vaemergency.gov/ReadyVirginia/makeaplan/safety



Adaptation Strategies Total: _____

Resiliency Checklist Total:



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