Hey! Why don’t you call your buddy right now and make sure they are aware of the plan. Go Ahead... Call!

All done filling out this pamphlet? Call your preparedness buddy RIGHT NOW and make sure he or she knows they’re part of your plan!

BONUS! checklist

1. water
2. food
3. clothes
4. medications
5. flashlight
6. can opener
7. radio
8. hygiene items
9. first aid

PERSONAL EMERGENCY PLAN
BUDDY SYSTEM STYLE

SOUTHWEST UTAH PUBLIC HEALTH DEPARTMENT

Now write down any **MEDICATION** you need to sustain life.

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**PHONE NUMBER(s)** of your buddy?

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Do you have someone who could check in on you if an emergency happened? **WHO IS IT?**

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What medical **EQUIPMENT** would you need in case of an emergency evacuation?

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What else does your buddy need to know?

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Thank you for being prepared! This plan will help others (including first responders) to better assist you in the event of an emergency.