

Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency says an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines. Visit the [FEMA website for a complete list](#). The emergency plan also should include:

- A communications plan to outline how your family members will contact one another and where to meet if it's safe to go outside
- A shelter-in-place plan if outside air is contaminated; FEMA recommends sealing windows, doors and air vents with plastic sheeting
- A getaway plan including various routes and destinations in different directions

Also, make sure your [first aid kit is updated](#).

Spring is in the air, and so are allergens. In the spring, dormant plants, trees, and flowers come alive, often with a vengeance. They release pollen into the air as a way of reproducing but unfortunately, that pollen can trigger an allergic response in many people.

Allergies can cause a multitude of symptoms including sniffing, sneezing, coughing, itchy eyes, puffy eyes, post nasal drip, headaches and earaches, to name a few. Be sure to consult with your doctor or pediatrician about the best treatment options and limit time outdoors on the days that allergen counts are high. You can check daily particulate counts, usually listed after most televised weather reports. Also be sure medications are given as indicated to get the day started right!