Getting Started

- 1. Set up an appointment (in person or online) with **PrepWise team**
- 2. Gather what we advise you bring to the session
- 3. Complete the program

Disaster PrepWise is a program designed to prepare you and your household for emergency situations like natural disasters, fires, and other disasters that need preparation.







Personal Emergency PLAN for

your name















Get In Touch With Us

Nick Ostrem

- nicholas-ostrem@uiowa.edu
- 319-467-1193

The program

During your appointment, a team member will guide you through the Disaster PrepWise online tool to develop your personalized emergency plan



PUBLIC-HEALTH.UIOWA.EDU/PREPWISE/



College of

cph-prepwise@uiowa.edu

DISASTER PREPWISE

A program to help you become better prepared for disasters

FEMA recommends everyone:



Be Informed





Goal: To be prepared to care for yourself for 3 days

Preparing for a disaster can be overwhelming, but Disaster PrepWise will guide you to help prepare yourself and others for an emergency in your home or community

We will walk through 5 steps that show you various ways to plan for an emergency

The program is free of charge and recommended for everyone

Especially beneficial for individuals with health conditions that may require additional preparation

5 STEPS OF PREPWISE

Step 1: Complete a Personal & Household Assessment

Step 2: Develop a Personal Emergency Network

Step 3: Gather Emergency Information & Important Docs

Step 4: Keep a 3-5 Day Supply of Medications/Medical Supplies

Step 5: Build Two
Emergency Supply Kits





On the Go

PrepWise follows an

ALL-HAZARDS APPROACH

encompassing all possible emergency situations, including environmental and manmade hazards

PrepWise for Individuals

Options

Individual

Meet individually with a trained team member to build your personalized disaster plan

Group

Develop your individual plan in a group setting led by a trained team member

PrepWise for Organizations

Training

We can train members of your organization to implement the PrepWise program. Your trained staff members can then work with the population you serve.

Presentations

We give varying lengths of presentations ranging from 15 to 45 minutes.

Presentations can be about the PrepWise program itself and/or about disaster preparation steps

Clinic

We can organize to hold a PrepWise clinic where individuals can walk in or make an appointment to meet with a trained team member. Contact for more information

Get in touch with us to set up your individual intervention or organization event today!

Contact information on the back of this brochure.