



info@fileheads.net  
www.fileheads.net

PO Box 691  
Decatur, Georgia 30031  
404 / 231 / 6172

Member / National Association of Professional Organizers  
and National Study Group on Chronic Disorganization

FOR IMMEDIATE RELEASE  
JANUARY 10, 2006

CONTACT: MARCIA AMES  
404-231-6172, info@fileheads.net

## **DISASTER PREPAREDNESS - THE NEW NEW YEAR'S RESOLUTION**

Losing weight and quitting smoking still rank as the most popular New Year's resolutions but it is predicted that preparing for disaster may well make its way up the charts in years to come. According to the American Red Cross, increasing numbers of families are becoming aware of the need to take simple steps to keep their families safe should natural or unnatural disasters strike.

“Practicing a home fire drill, stocking extra drinking water, and organizing vital documents can alleviate the impact of disaster on families and may even save a life,” says Judith Kolberg, author of Organize for Disaster: Prepare Your Family and Home for Any Natural or Unnatural Disaster©. The best way to prepare is to:

- Heed warnings, advisories and alerts of disaster officials**
- Know the safest escape route to out of your house and practice it**
- Install smoke and heat detector and fire extinguishers**
- Complete a Family Communication Plan**©
- Assemble a Grab & Go™ bag for each family member with essential supplies**
- Customize a first aid kit with family prescriptions and medications**
- Know two routes to travel to safe shelter**
- Stock water and food to hunker down for 3 days without electricity**

A Family Communication form can be obtained free from FileHeads Professional Organizers at [http://fileheads.net/Family\\_Communication\\_Plan.pdf](http://fileheads.net/Family_Communication_Plan.pdf) or by calling 404-231-6172. In-home assistance with family disaster preparedness is also available. For even more information about disaster preparedness reach the American Red Cross at [www.redcross.org](http://www.redcross.org).

\* \* \* \* \*