



# LiveHealthy

August 2014

## Preparing for an Emergency

Emergencies can strike quickly and without warning. The time to prepare an emergency plan and kit is before an emergency or natural disaster occurs. Being prepared can help you and your family stay safe.

### *Pack Your Kit*

[Click here](#) for a list of items to pack in emergency kits for your home, school, workplace and vehicle.

### Kit Tips

- Pack two weeks' worth of nonperishable food supplies, medical supplies, and prescriptions for your kit.
- Consider including clothing items suitable for all seasons, money, batteries, and flashlights.
- Store at least a three-day supply of water for each member of your family. That's one gallon per person per day.
- Don't forget about food and water for your pets, too!
- Document where your gas, electric, and water shut-offs are located in your home and how to turn them off.
- Involve all members of the family who might use this kit when packing it — including children — so they know what's available to them if you get separated.

### *Discover more with Healthwise® Knowledgebase*

For additional support and resources you may need to get ready for emergency situations, visit the Healthwise Knowledgebase on [capbluecross.com](http://capbluecross.com). Topics include:

- Emergency food and water supplies
- First aid
- Quick-sugar foods
- Sheltering in place
- Trauma help lines
- Treating burns
- Caring for head injuries

Simply login to your Capital BlueCross member page, click the Wellness tab, and enter any term in the search box. Make sure your browser is not blocking pop-ups.

On behalf of Capital BlueCross, Healthwise® assists in the promotion of health and wellness by providing educational materials. Healthwise is an independent company.

## Create a Communication Plan

You and your family may not be together when a disaster hits; therefore, it is important to create a communication plan to help you and your loved ones connect and get help:

- Complete a contact card for each family member to keep in a wallet, purse, or backpack.
- Always attempt texting before calling, as phone lines will likely be busy during an emergency and need to be kept open for emergency responders.
- Plan an emergency meeting place in the event that your family members are split up during an emergency and cannot return home.

## Be Alert

It is important for all members of your family to understand the ways you may be alerted to potential threats, such as through text alerts, emergency sirens, or other methods. Learn more about Wireless Emergency Alerts, and check your phone settings to make sure you have not disabled them.

- A **watch** is advance notice of dangerous weather conditions. If a severe storm watch is issued for your area, be alert for changing weather conditions.
- A **warning** requires immediate action and is only issued when severe weather is about to strike.

- Courtesy of [Ready.gov](https://www.ready.gov)

Capital BLUE 



[capbluecross.com](https://www.capbluecross.com) | [capitalbluestore.com/blog](https://www.capitalbluestore.com/blog)

## Recipe Row

### Watermelon Salad

#### Ingredients (serves 1):

- 2 cups watermelon, cut to cubes
- 1/2 cup grape tomatoes, halved
- 1 tablespoon red onion, thinly sliced
- 1 ounce feta cheese, crumbled
- 1 ounce roasted pumpkin seeds
- Salt and freshly ground pepper
- 1/2 teaspoon balsamic vinegar
- 1/2 teaspoon olive oil
- 1/2 teaspoon fresh lime juice

#### Directions:

In a medium bowl, mix watermelon and tomatoes. Fold in the onion, feta and pumpkin seeds. Add salt and fresh ground pepper to taste, and drizzle balsamic vinegar and oil. Just before serving, squeeze lime juice over all. Serve immediately.

#### Nutrition:

350 calories / 12 g fat / 42 g protein

See more recipes and share your own tips for living healthy at [capitalbluestore.com/blog](https://www.capitalbluestore.com/blog).

Capital Blue is brought to you by Capital BlueCross.

Visit [capbluecross.com](https://www.capbluecross.com) to create your FREE Personal Health Profile.

The information provided is meant for a general audience. It is not a substitute for services or advice received from your health care providers who are the only ones that can diagnose and treat your individual medical conditions. Capital BlueCross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your health care provider. Individual coverage for any services that may be discussed in this resource depends on your benefits plan. To determine coverage for any health care service, please refer to your Certificate of Coverage or Evidence of Coverage or call Customer Service at the toll-free number on your member identification card.

Health care benefit programs issued or administered by Capital BlueCross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central. Independent licensees of the BlueCross BlueShield Association. Communications issued by Capital BlueCross in its capacity as administrator of programs and provider relations for all companies.