



A little bit of volunteer work goes a long way toward helping your community become more resilient. You could...

...join a community emergency response team.

...help out with an after-school program.

...pledge time to police or fire reserve corps.

...start a non-profit to address local issues.

...grow a neighborhood garden.

...lend a hand at local nursing homes or meal delivery outfits.



# Creating a Prepared Community



## Credits

Oregon Office of Emergency Management

## Websites

[iema.illinois.gov](http://iema.illinois.gov)  
[ready.illinois.gov](http://ready.illinois.gov)



# HELP YOUR COMMUNITY!

## VOLUNTEER, OR START A NON-PROFIT GROUP



### Introduction to “Two Weeks Ready”

Taking time to prepare for potential disasters could save your life and the lives of people that you know. Having three days of emergency supplies on hand is a great way to be ready for power outages or temporary evacuations, but bigger disasters that destroy roads and infrastructure demand more preparation. Acquiring supplies and assistance will be far more difficult under those circumstances, which is why individuals, families, communities, and businesses should have plans to be self-sufficient for two weeks.



### Create the community you want to live in

Reach out to local officials for opportunities to help prepare your community for hard times. Most municipalities have committees and working groups that develop and maintain disaster plans. Consider volunteering for one of those groups or even running for office if you really want to influence the preparedness process in your area.

First responders shoulder most of the burdens that manifest during emergency situations, but they can't handle all of them. That's why individual preparedness is so important. Communities are comprised of people, and people who are prepared for disasters can help their communities bounce back quicker when times are tough.



Stop by the police and fire stations in your area to discover volunteer opportunities related to disaster readiness. First responders can get you acquainted with community response programs and other resources available to people who want to be better prepared for bad situations. You might also consider getting involved with community food bank initiatives or care groups for elderly residents. These initiatives help to foster resiliency among community members and give everyone a way to take ownership of collective preparedness.

