



**American  
Red Cross**

of Greater Columbus

# NEWS RELEASE

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## **Be Red Cross Ready When Traveling**

*American Red Cross Reminds Holiday Travelers to be Prepared*

**November 25, 2008** - The American Red Cross of Greater Columbus encourages everyone to prepare for disasters and other emergencies where they live, work and play. And, this holiday season, as thousands of people in central Ohio travel to destinations near and far, the Red Cross offers the following tips to help people prepare for the unexpected in unfamiliar surroundings.

### *Get a kit:*

**Pack essential disaster supply items**, such as: high protein snacks, water, first aid kit, flashlight, small battery-operated radio, extra batteries, an emergency contact card with names and phone numbers, extra prescription medications and important documents or information you may need.

### *Make a Plan:*

**Obtain the disaster plan of your hotel/motel/lodging.** Find out what the disaster safety procedures are where you are staying. Identify how you would get out of the building in case you need to evacuate. Also, locate safe places inside should you need to take cover during a disaster, such as an earthquake or severe storm.

**Have emergency numbers ready.** Make a list of important numbers of emergency responders (police, fire), and, if traveling internationally, register with the U.S. Department of State. Make sure your friends and family have these numbers as well.

**Let family and friends know your itinerary.** Make sure family members or friends know where you will be staying and how to reach you.

### *Be Informed:*

**Know the area before you travel.** Learn about the area you are visiting. Find out what disasters may occur in the place where you are traveling, especially if they are disasters you have never experienced before.

**Find out how you would get information in the event of a disaster.** Research the local radio stations or emergency alert systems.

**Pay attention to the local forecast.** Travel and weather web sites can help you avoid storm seasons, severe heat and other regional challenges that could impact your safety.

For more information on how you can Be Red Cross Ready for disasters and other emergencies visit <http://columbus.redcross.org> and take a free online education module called *Be Red Cross Ready*.

The American Red Cross of Greater Columbus is dedicated to helping make families and communities safer at home and around the world. Sustained by over 600 volunteers, the Red Cross provides assistance to more than 500 families each year after home fires and other disasters strike. Last year the organization trained and educated more than 97,000 area residents in vital lifesaving skills like first aid, CPR and how to prepare for emergencies. The Red Cross also sent more than 800 emergency messages between members of the military and their families. The community transportation program provides rides to medical appointments for seniors and individuals with disabilities, logging more than 19,600 trips last year. All these programs and more are made possible by the donations of time and money from the greater Columbus community. Michael Carroll is the CEO of the American Red Cross of Greater Columbus and Mary Navarro serves as the board chair.

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