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Prepare Kansas online challenge offered to get yourself, family better prepared

Prepare Kansas is a free, easy way to ensure you're better equipped to handle emergencies

Whether it's reviewing insurance coverage or putting together a grab-and-go kit, preparing for any kind of disaster will make recovery easier. And Kansans know a thing or two about disasters. Flooded basements, fires, tornadoes or ice storms, we have them all and much more.

To help Kansans become as prepared as possible for emergencies, K-State Research and Extension is offering the Prepare Kansas Annual Preparedness Challenge. It's a free weekly online challenge through September that includes activities individuals and families can accomplish each week. By the end of the month, participants will be better prepared to withstand and recover from emergencies.

Prepare Kansas aligns with National Preparedness Month, with a theme in September this year of "Disasters Don't Wait. Make Your Plan Today."

The weekly activities this year revolve around:

- Making a plan – talking with others about being prepared, updating the family communications plan and reviewing plans for shelter and/or evacuation, including pets, taking COVID-19 into account.
- Building a kit – build a kit of basic emergency supplies plus grab-and-go backpacks for family members and pets.
- Preparing for disasters – know the difference between watches and warnings, sign up for emergency alerts and participate in an emergency drill.
- Talk to your kids – seek information on preparedness.
- Get financially prepared – set aside money for an emergency, review insurance coverage, build or maintain a financial grab-and-go box, and complete a home inventory.

For more information about the weekly challenges, go to the Prepare Kansas blog <https://blogs.k-state.edu/preparekansas/> or on social media at #PrepareKS and #BeReady. Follow us on Facebook @southwindextensiondistrict or Instagram @southwind_ext. For more information, please contact Joy Miller at joymiller@ksu.edu or by calling 620-223-3720.

