



# Extension Connection

## **For Immediate Release:**

May 3, 2018

The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

Wildcat District Extension Agent  
Labette County office

## **Are You Prepared?**

Tornado season is here and can strike at any time. Are you prepared? To be prepared, you should have a household inventory, check your insurance coverage and prepare a grab and go box.

A household inventory is an itemized list of the contents in your home, including basement, attic and garage. How do you make an inventory? Photographing or videoing all the walls, inside cabinets and drawers is a simple way to document your belongings. Date the photos or talk through the video about the items. <http://bit.ly/1SGZOSB> is a format for recording an inventory. Look for the Household Inventory Interactive Form.

Review your insurance coverage annually. The purpose is to cover major losses. Make sure you have adequate coverage on your home, vehicles, and possessions. Check your auto insurance, disability insurance, homeowners insurance and life insurance. Make sure your coverage is sufficiently covering your investments. If you are able, set aside an emergency fund to cover policy deductibles.

Lastly, create a grab and go box. If you only have a few minutes to evacuate your home would you have access to cash, your bank and personal identification to conduct day to day tasks? Take steps ahead of disaster, be prepared.

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233 , Labette County, 620-784-5337, Montgomery County, 620-331-2690, Wilson County, 620-378-2167, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930.

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