

# Be Prepared

# #PrepareYourSelfie

Are you up for a challenge?

The #PrepareYourSelfie challenge is about creating awareness and inspiring others to become more prepared for disaster or emergency.

#PrepareYourSelfie uses social media to raise awareness about the simple steps we can take to become more prepared:

1. [Know the risks](#) in your community
2. [Make a plan](#) about what you would do and where you would go
3. [Build a kit](#) so you have supplies available to take care of your needs for at least 72 hours
4. Talk to your friends and family about your plan



How can you #PrepareYourSelfie?

- Visit the [Alberta.ca](http://Alberta.ca) or search online to learn how to make your plan and build your kit.
- As you take the steps to become more prepared, take a picture of what you've done.
- Post your photo to social media using the hashtag #PrepareYourSelfie.
- Challenge your friends and family to #PrepareYourSelfie too.

Join the campaign and let's start building resilience together.

To build your own frame visit our website: [Emergency preparedness | Alberta.ca](http://Emergencypreparedness|Alberta.ca)

*\*Photo frames are not a requirement to participate in the challenge but are useful for communities looking to promote emergency preparedness at local events.*

Learn more, [www.alberta.ca/emergency-preparedness.aspx](http://www.alberta.ca/emergency-preparedness.aspx)