

## EMERGENCY PREPAREDNESS POINTERS

### Your Disaster Supplies Kit

Disasters often happen without warning and you may not have much time to respond. A spill of hazardous material could mean instant evacuation. A storm could confine your family to your home for days. An earthquake, flood, or significant storm could easily cut off basic utilities such as water, gas, electricity and telephones for an extended period of time - days or even weeks. Local officials and relief workers will be on scene, or en route, immediately after a disaster, but they cannot reach everyone who needs assistance right away. Would you and your family be able to get by in that situation?

It is much easier to prepare *before* a disaster strikes. Once disaster hits, you will not have time to shop or search for supplies. By gathering supplies in advance, it will be much easier for your family to endure an evacuation or home confinement. One way to prepare is by assembling a *Disaster Supplies Kit*.

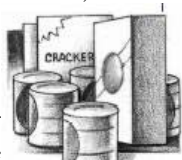
To prepare your kit, review the checklist below. The checklist contains suggested items that may be necessary to get by for three (3) days. The specific items you include in your kit will depend on the specific needs of your household. Some of the items listed are those that you may need if your family is confined at home and the items with an asterisk (\*) are the supplies you most likely would need for an evacuation. Store the items in an easy-to-carry container such as a plastic tub, backpack or a suitcase.

#### Water

- Keep at least a 3 day supply of water for each person in your household – one gallon per person, per day is optimum and should cover drinking, food preparation and sanitation needs.

#### Food

- Ready-to-eat canned meats, fruits and vegetables\*
- Canned juices, milk and soup\*
- High energy foods - peanut butter, jelly, crackers, granola, trail mix\*
- Comfort foods - cookies, hard candy, sweetened cereals, instant cocoa or coffee\*
- Food for infants, elderly or persons on special diets\*
- Vitamins\*



#### First Aid & Personal

- Assemble or purchase a first aid kit for your home, your kit and one for each car.
- Toilet paper, towelettes\*
- Personal hygiene supplies\*
- Sealable plastic bags (for personal sanitation uses)
- Plastic bucket with tight lid
- Soap, liquid detergent\*

#### Tools & Supplies

- Cooking utensils\*
- Manual can opener
- Battery operated radio and extra batteries
- Flashlights, extra batteries and lightsticks
- Fire extinguisher (ABC type)
- Tube tent
- Wrench to turn off household gas and water mains
- Utility knife
- Pliers
- Wrench to turn off household gas and water mains
- Duct tape
- Sturdy work gloves
- Aluminum foil
- Matches in a waterproof container
- Method of cooking – camp stove or gas grill for outdoor cooking
- Signal flare
- Whistle
- Plastic sheeting
- Heavy duty plastic bags to serve as tarps, rain ponchos, waste storage and other uses.
- Disinfectant
- Household chlorine bleach
- Map of the area - for locating shelters and blocked roads\*



#### Clothing & Bedding

- One complete change of clothing and footwear per person\*
- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses



#### Special Items

- Necessary baby items
- Medications, prescription lists, copy of medical card, doctor's name and contact info.
- Emergency cash
- Personal identification
- List of emergency out-of-state contacts
- Contact lenses/extra glasses
- Comfort items – games, books, crayons, playing cards
- Important documents - Keep these records in a waterproof, portable container.
  - ✓ Will, deeds, stocks, and bonds
  - ✓ Passport, social security cards
  - ✓ Bank account numbers
  - ✓ Credit card numbers
  - ✓ Birth & marriage certificates
- Necessary pet supplies – food, water dish, leash, etc.\*