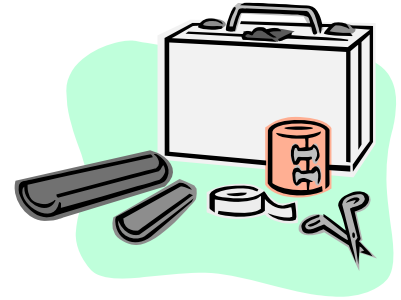


Your Family Disaster Supplies Kit

Disaster can happen anytime and anywhere. And when disaster strikes, you may not have much time to respond. A highway spill or hazardous material could mean evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado, or any other disaster could cut water, electricity, and telephones *for days*.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



Prepare Your Kit

- Review the checklist below.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry container.
- There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Possible Container Include

- A large, covered trash container
- A camping backpack
- A duffel bag

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation.)
- Don't forget water for your pets.
- Treat all water if unsure of its purity before using it for drinking, food preparation or hygiene. Before treating, let any suspected particles settle to the bottom or strain through layers of paper towels or cloth. Water can be safely treated by:
 - Boiling for 10-12 minutes; or
 - Adding 6-10 drops of bleach per gallon of water (don't use color-safe bleach). More bleach is not better, too much can make you ill.

Your Family Disaster Supplies Kit

Food

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of these following foods in your Disaster

Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants/elder persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, instant coffee
- Disposable utensils, utility knife, can opener

First Aid Kit

- Assemble a first aid kit for your home and one for each car. A first aid kit should include:
 - Sterile adhesive bandages in assorted sizes
 - 2-inch sterile gauze pads (4-6)
 - 4-inch sterile gauze pads (4-6)
 - Hypo-allergenic adhesive tape
 - 40-inch triangular bandages (3 rolls)
 - 2-inch sterile roller bandages (3 rolls)

- 3-inch sterile roller bandages (3-rolls)
- Scissors and tweezers
- Epi pen (for bee sting allergy)
- Sewing needles
- Moistened towelette/wet wipes
- Antiseptic soap
- Antiseptic solution – iodine compounds
- Neosporin
- Thermometer
- Tongue depressors (2)
- Tube of petroleum jelly (Vaseline or lubricant)
- Safety pins in assorted sizes
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- Insect Repellent
- Caladryl or generic equivalent
- First aid manual
- Rubbing alcohol and cotton balls
- Heavy string
- Prescription medications

Non- prescription Drugs

- Aspirin or nonaspirin reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)



Your Family Disaster Supplies Kit

- Plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape/Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Extra set of car and house keys
- Map of the area (for locating shelters)

Clothing and Bedding

- Include at least one complete change of clothing and foot wear per person.
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves and thermal underwear
- Sunglasses

Special Items

- Remember family members with special requirements, such as infants and elderly or disabled persons

For Baby

- Formula
- Diapers
- Bottles & Powdered Milk
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

For Pets

- Medications for heartworm, flea prevention, etc.
- Medical and registration records
- Sturdy leashes, harnesses
- Carriers big enough to stand and turn in
- Pet beds, toys
- Litter and litter pan
- Current photos of pets
- Food and drinkable water for three days and feeding schedule information
- Bowls, can opener
- Medical conditions, behavior problems
- Veterinarian information

Entertainment

- Games and books

Important Family Documents

- Keep these records in a waterproof, portable container:



Your Family Disaster Supplies Kit

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Recent family photos for identification

Important Reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Replace your stored food every six months.
- Rethink your kit and family need at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.