

# GET A KIT

Whether an emergency or disaster keeps you at home or requires you to evacuate, you'll be better prepared to deal with the situation, and to help others, if you have adequate emergency supplies on hand. Water, food, and articles needed to maintain your body temperature and provide protection against the elements are the most important items to include. Also, certain individuals require prescription medications to sustain their lives.

**Consider creating two types of kits:** one that has everything you will need if you are required to stay in your home and a smaller, lightweight version to take with you if you have to evacuate. Both kits should include enough supplies to take care of your needs for at least three days.

Workers and students should consider keeping a small kit at their place of work or school. For those who spend a lot of time in the car, keep a kit in the trunk.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

## **Recommended Items to Include in a Basic Emergency Supply Kit:**

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank **radio** and a NOAA Weather Radio with tone alert and extra batteries for both
- **Flashlight** and extra batteries
- **Whistle** to signal for help
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist **towelettes**, garbage **bags** and plastic **ties** for personal sanitation
- **Wrench** or pliers to turn off utilities
- **Can opener** for food (if kit contains canned food)
- **Local maps**
- **First aid kit** : In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

## **Things you should have in your 1<sup>st</sup> aid kit:**

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.

- **Thermometer** (Read more: Biological Threat)
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

### **Things that may be good to have In Your Kit:**

- Cell phone with charger
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

### **Non-prescription drugs:**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

### **Additional Items to Consider Adding to an Emergency Supply Kit:**

- Prescription glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

*Source: U.S. Department of Homeland Security*