

HOME EMERGENCY KIT

Do NOT call **911** for information, use **911** only if needing emergency assistance.
Listen to your radio for hotline numbers to call for information, and/or assistance, or call **2-1-1**.

Keep items in airtight plastic bags, and put your entire disaster supplies kit in one or two easy to carry containers, such as an unused trash can, camping backpack or duffle bag. Update your kit as your family's needs change.

Check off supplies as added to your home kit:

- Food and Water
- Manual can opener
- Utensils
- First-aid kit
- Flashlight
- Battery operated radio
- Battery charger for cell phone
- Batteries for radio and charger
- Cash in small denominations and coins
- Unscented liquid household bleach for water purification and cleaning
- Personal hygiene items, including toilet paper, feminine supplies, lotion and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat, and rain gear (poncho)
- A local and state map
- Extra prescription eyeglasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows, or sheltering in place
- Tools including pliers and a shut-off wrench to turn off utilities if necessary (also include instructions on how to turn off gas and water)
- Blanket or sleeping bag
- Extra keys to your house and vehicle(s)
- A copy of important documents and phone numbers
- Paper towels, aluminum foil
- Fire Extinguisher
- Paper, pencils
- Large plastic bags for waste and sanitation
- Tent
- Matches in sealed waterproof container
- Pet supplies
- Plastic storage containers and zip-lock bags of various sizes
- Signal flare
- Needle, thread and various sizes of safety pins
- Eye dropper

First Aid Kit



- Two pairs of disposable gloves
- Sterile dressings
- Gauze bandages
- Cleansing agent/soap, antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Thermometer
- Adhesive bandages in a variety of sizes
- Adhesive tape, 2-inch width
- Eye-wash
- Cold pack
- Scissors
- Cotton swabs
- Tweezers
- Over-the-counter medicines such as aspirin or other pain reliever laxative, anti-diarrhea medication, antacid
- Daily prescription medications such as insulin, heart medicine or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood-pressure monitors



FOOD

Store a two weeks supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies also, such as power outages, floods, tornadoes and other disasters.....

- ▶ Ready to eat **canned** meats (chicken, tuna, spam), fruits and vegetables
- ▶ Canned juices, milk and soup (low sodium)
- ▶ High energy foods, such as peanut butter and jelly, crackers, granola bars, and trail mix and nuts
- ▶ Comfort foods, such as hard candy, candy bars and cookies
- ▶ Dried foods (Low sodium)
- ▶ Instant meals that do not require cooking or water
- ▶ Vitamins
- ▶ Protein or fruit bars
- ▶ Special needs food items (Ensure, Pedialyte, Protein drinks, etc)
- ▶ Powdered milk

WATER

- ▶ Store 1 gallon of water per person and pet per day.
- ▶ Seal water container tightly in a clean food-grade plastic container, label them with the date, and store in a cool dark place
- ▶ Rotate water supplies every six months. (Water can develop bacteria or algae from microscopic cracks in the container.)
- ▶ Keep a small bottle of unscented liquid bleach to purify water (Add eight drops of bleach to each gallon of water. Shake or stir, let stand 30 minutes.)



FOOD SHELF LIFE

General guidelines for rotating common emergency foods. Write the date you store food and water on all items and containers.

- **Use within six months:** Powered milk (boxed); dried fruit; dry, crisp crackers
- **Use with one year:** Canned condensed meat and vegetables; ready to eat cereals; peanut butter and jelly; hard candy and canned nuts; vitamin C
- **May be stored indefinitely** (in proper containers and conditions): Wheat, vegetable oils, dried corn, baking powder, soybeans, instant coffee, tea, and cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, powdered milk (in nitrogen-packed cans)
- **Set Your Clocks-Check Your Stocks** two times a year, at daylight savings time. Check the expiration dates and for broken seals on packages or dented containers-use/discard.

IMPORTANT DOCUMENTS:

Keep originals of legal documents in an off-site safe-deposit box:

- Birth certificates, adoption paper
- Marriage certificate
- Social Security cards
- Military discharge
- Health insurance ID cards
- Life insurance policies
- Property insurance policies
- Auto registration/ownership papers
- Naturalization documents
- Power of attorney
- Will
- Passport
- Real estate deeds of trust
- Previous year tax returns
- Contact info of attorney and insurance agents
- Inventory of valuables with photographs

MAINTAINING CONTACT



 Determine the best two escape routes from your home

 Plan where to meet if your home becomes unsafe. Choose two places, one just outside your home, and one outside your neighborhood.

 Designate a contact person far enough away to not be affected by the same emergency. Each family member should have this number entered into their cell phone, and it should be posted by the home phone. Instruct family members to call this person and tell them where they are, and their status.

 If you have a cell-phone, include an emergency contact in your phone book. Put the letters **ICE** for “in case of emergency” before a person’s name to let rescuers know whom to contact.

EVACUATION BAG:

An easy to carry bag with an ID for use for an evacuation. Include the following:

- Some water, food and manual can opener
- Flashlight and batteries
- Personal medications and prescriptions
- Whistle
- Warm clothes, hat and rain gear (poncho)
- Extra keys to your house and vehicle
- Dust Mask
- Extra Rx glasses, or hearing aid
- Paper, pens and tape (for leaving messages)
- Pocket knife, compass
- Copies of insurance and ID cards
- Cash in small denominations
- Recent picture of family including pets
- Change of clothes for each family member
- For children include favorite game, cards coloring books, etc.

SHELTERING IN PLACE:

1. Go inside as quickly as possible. Bring any outdoor pets indoors. **2.** If there is time, shut and lock all outside doors and windows. Locking them may pull the door or window tighter and make a better seal against the chemical. Turn off the air conditioner or heater. Turn off all fans, too. Close the fireplace damper and any other place that air can come in from outside. **3.** Go in the shelter-in-place room and shut the door. **4.** Tape plastic over any windows in the room. Use duct tape around the windows and doors and make an unbroken seal. Use the tape over any vents into the room and seal any electrical outlets or other openings. **5.** Listen to the radio for an announcement indicating that it is safe to leave the shelter.