

HAVE A PLAN

# BUILD YOUR EMERGENCY SUPPLY KIT



YOU CAN BUILD YOUR KIT ALL AT ONCE OR AT YOUR OWN PACE.  
START WITH WHAT YOU HAVE AT HOME. THEN, ADD TO IT OVER TIME, STEP BY STEP.



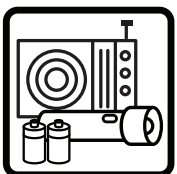
## FOOD AND WATER (STEP 1)

- ☐ 3-day supply of nonperishable food that needs no cooking
- ☐ 2 gallons of water per day for each person, to last 3 days for drinking and sanitation
- ☐ Hand-operated can opener
- ☐ Plastic plates, cups, utensils
- ☐ Baby items (formula, bottles, baby food)



## FIRST AID, MEDICATION, AND HYGIENE (STEP 2)

- ☐ First-aid kit (advice: a kit recommended by the Red Cross)\*
- ☐ Prescription and backup medications
- ☐ Hand sanitizer, wipes, bleach
- ☐ Toilet paper, paper towels, garbage bags
- ☐ Dental care, hearing, and vision products
- ☐ Soaps, personal supplies, baby items
- ☐ Sunscreen, insect repellent
- ☐ Nose and mouth protection masks (N-95 rating)



## COMMUNICATION AND LIGHTING (STEP 3)

- ☐ Battery-powered emergency alert radio or standard radio with extra batteries
- ☐ Extra cell phone battery and car charger
- ☐ Flashlights for each family member and extra batteries
- ☐ Matches and lighter
- ☐ Whistle



## TRANSPORTATION AND DOCUMENT BAG ITEMS (STEP 4)

- ☐ Road maps
- ☐ Basic repair items (tools, spare tire, tire patch kit, engine oil)
- DOCUMENT BAG WITH**
- ☐ Cash, current picture I.D.s, family documents
- ☐ Insurance, medical cards, bank account information
- ☐ Social security cards and birth records
- ☐ List of medications with dosages and doctors' phone numbers



## OTHER ITEMS TO CONSIDER (STEP 5)

### HOME SAFETY

- ☐ Plastic sheeting and duct tape
- ☐ Smoke detector with battery for each floor
- ☐ Carbon monoxide detector with battery backup
- ☐ Fire extinguisher
- ☐ Rain gear and towels

### COMFORT ITEMS

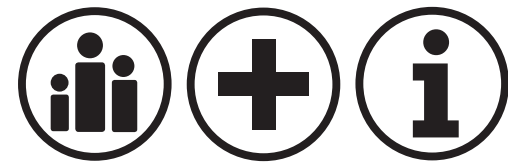
- ☐ Blankets and pillows
- ☐ Books, games, and toys
- ☐ Tent

### PET SUPPLIES

- ☐ 3-day supply of pet food, water, and bowls
- ☐ Pet medications and pet first-aid kit
- ☐ Current pet photo in case you are separated
- ☐ Carrier, leash, toys
- ☐ Cat litter and box



# SPECIAL CONSIDERATIONS



WHEN DISASTER STRIKES, IT’S TOO LATE TO PREPARE.  
HERE ARE SOME TIPS TO HELP YOU GET READY NOW.



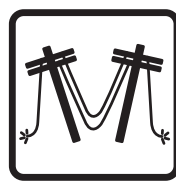
## POWER LOSS — IN AN EMERGENCY, YOU MAY LOSE POWER FOR SEVERAL DAYS.

- ☐ Make a plan now for any power needs, such as medical equipment or refrigerated medicine.
- ☐ Do not use generators, charcoal grills, or camp stoves indoors. To avoid carbon monoxide poisoning only use them outside.
- ☐ Keep your vehicles full of gasoline, in case you have to evacuate. Gas pumps use electricity, so you may not be able to fill up.
- ☐ Get cash. Stores may not accept debit or credit cards during power outages.



## MEDICAL SPECIAL NEEDS – PLAN NOW FOR YOUR HEALTH AWAY FROM HOME.

- ☐ Label important medical equipment.
- ☐ Pack a small cooler with cold packs to keep refrigerated medicine cool.
- ☐ Think of special-diet food, syringes, glucose monitoring strips, and other needed items.
- ☐ Have extra medicine in case you cannot get to your pharmacy.
- ☐ Get copies of your prescriptions from your doctor in case you are away from home.
- ☐ Register with 2-1-1 to get a ride during a hurricane evacuation.



## POST-DISASTER — EVEN AFTER A NATURAL DISASTER, HAZARDS MAY STILL EXIST.

- ☐ Watch out for power lines, fallen tree limbs, or other dangers.
- ☐ Practice chainsaw safety.
- ☐ Do not approach trees if they are touching power lines.
- ☐ Be aware of gas odors. Use caution when lighting a flame, whether indoors or outside.
- ☐ Remember, feelings of sadness, anger, and grief are normal after any disaster. You’re not alone. There are people you can talk to. Dial 2-1-1 for help in your area.

\* First-aid kit: A first-aid kit recommended by the Red Cross is best. Or, you can build a kit yourself. It should at least include antiseptic, bandages, gauze, medical tape, aspirin or ibuprofen, and a cold compress.

### NOTES:

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