

# If there's an emergency will you **Be Prepared?**

What You Need To Know About Personal Preparedness





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# Are You Ready? Emergency Supply Kits

Emergencies can happen anytime, anywhere. An emergency may cause you and your family to shelter in place or evacuate for an unknown period of time. Even though first responders are on scene working hard, it may be hours or even days before they can reach you. That is why it is important to build an emergency supply kit for your home and your car. The items listed below are highly recommended for your emergency supply kit; however, you know your needs best, so add other items as you see fit.

> This icon identifies emergency supply kit items for your car. Quantities identified below may differ from those in the regular kit, because an emergency supply kit for your car is to be used in case of a breakdown or prolonged delay. For winter months, be sure you include a shovel, warm clothes, and rock salt.



#### Water



1 gallon of water per person per day (drinking, food preparation, and sanitation)

A 3-day supply of water for each person in your household 🛲

Water purification agents and filters (available at most camping stores)

#### Food

Store at least a 3-day supply of nonperishable food for each person. Select foods that require no refrigeration and little preparation and that meet any dietary restrictions you or your family may have. Select food items that are compact and lightweight. Be sure you rotate your food items every 6 months.



Ready-to-eat canned meats



Juices, canned or powdered

Soups, bouillon cubes or dried

Smoked or dried meats such as beef jerky 🖚

Milk, powered or canned

High-energy foods such as protein bars



## First-Aid Kit 🚗

We recommend that you have two first-aid kits—one for your home and one for your car. Your first-aid kits should include the following items:

Sterile adhesive bandages
2-inch sterile gauze pads in assorted sizes (8–12)
3-inch sterile gauze pads (8-12)
Hypoallergenic adhesive tape
Triangular bandages (3)
2- and 3-inch sterile roller bandages (3 rolls each)
Scissors
Tweezers
Needle
Bar of soap
Moistened towelettes (8–10 packages)
Antiseptic spray
Nonbreakable thermometer



	Tongue blades and wooden applicator sticks	
	Tube of petroleum jelly or other lubricant	
	Assorted sizes of safety pins	
	Cleansing agent-soap	
	Latex gloves	
Nonprescription Medication		
	Aspirin or other pain reliever	
	Antidiarrheal medication	
	Antacids	
	Emetic (to induce vomiting)	
	Vitamins	
	Laxatives	
	Eyewash	
	Rubbing alcohol	
	Antiseptic or hydrogen peroxide	



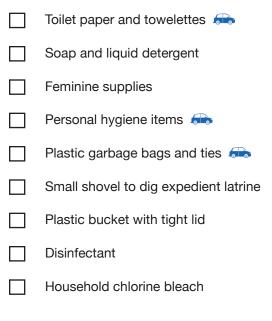
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# **Tools and Supplies**

Paper cups, plates, and plastic utensils
Family emergency preparedness plan
Battery-operated radio and extra batteries 🛛 🚗
Flashlight and extra batteries 🚗
Cash or traveler's checks and some change
Multitool 🚗
Can opener 🚗
Maps/road atlases 🚗
Disposable chargers (for cell phones, iPod, etc.) 🖚
Fire extinguisher 🚗
Pliers 🚗
Tape 🛲
Matches in a waterproof container 🚗
Aluminum foil
Plastic storage containers
Signal flare 🚗
Paper and pencil 🚗
Sewing kit
Medicine dropper 🚗
Shutoff wrench for gas and water
Whistle 🚗
Plastic sheeting 🚗
Dust mask and work gloves



## **Sanitation and Hygiene**



## **Clothing and Bedding**

Include at least one complete change of clothing and footwear per person

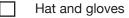
Sturdy shoes or work boots



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Rain gear 🛻

] 🛛 Blankets or sleeping bags 🔎



Thermal underwear

] Sunglasses 🖚



## **Special Needs**

For Baby  📾			
	Formula		
	Diapers		
	Bottles		
	Powdered milk		
	Medications		
	Extra blankets		

#### For Adults 🛻

Prescription drugs (blood pressure medications, insulin, etc.)
Denture supplies
Contact lenses and supplies
Extra eye glasses
Extra hearing-aid batteries
Other durable medical equipment

#### For Pets

Food	

- Crate
- 🗌 Water 🛻
- 🗌 Medicine 🖚
  - Leash 🚌
- Collapsible bowl 🛻
  - Vaccination records 🔎



#### **Miscellaneous**

#### Entertainment

Games for children

Books for adults

#### Important Documents

Keep these records in a waterproof, portable container.

Will, insurance policies, contracts, deeds, stocks, and bonds
Passports, social security cards, driver's licenses
Bank account numbers
Credit card account numbers and companies contact information
Inventory of valuable household goods
Family records (birth and/or marriage certificates important

Family records (birth and/or marriage certificates, important telephone numbers, and immunization records)

TIP: Store the items of your supply kit in an **easy-to-carry** container such as a plastic bin. Keep a smaller version of your emergency-supplies kit in the trunk of your car in the event you have to evacuate.









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