

EMERGENCY PREPAREDNESS

Being prepared for disaster or emergencies means thinking ahead and asking, "**What is the worst that could happen and can I deal with it ?**" Take your time and gather a few items every week.

IF DISASTER STRIKES – **Don't panic.**

Think of money, pets and your possessions LAST.

STAY ALIVE FIRST.

THE RULE OF THREEs

YOU CAN LIVE:

1 to 3 **months** without **FOOD**

3 to 7 **days** without **WATER**

3 to 7 **minutes** without **AIR**

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 2 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. (two quarts for drinking, two quarts for food preparation and sanitation). Keep at least a three-day supply of water for each person in your household.

FOOD – Lentils, Lentils, Lentils

Store at least a three-day supply of nonperishable 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 the following foods in your Disaster Supplies Kit: Ready-to-eat canned meats, fruits & vegetables. Canned juices, milk, soup (if powdered, store extra water).

Staples such as sugar, salt, pepper.

High-energy foods - peanut butter, jelly, crackers, granola bars, trail mix, Vitamins (C & B)

Foods for infants, the elderly or persons with special diets.

Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags.

First Aid Kit - assemble a 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), Hypoallergenic adhesive tape, Triangular bandages (3), 2-inch sterile roller bandages (3 rolls), 3-inch sterile roller bandages (3 rolls), Tube of petroleum jelly or other lubricant, Assorted sizes of safety pins Scissors, Cleansing agent/soap Needles, Latex gloves (2 pairs), Tweezers, Moistened towelettes, Antiseptic, alcohol, peroxide, mercurochrome, Thermometer (medical) Tongue depressor (2), Sunscreen

Non-prescription drugs

Aspirin or non-aspirin pain reliever, Anti-diarrhea medication, Laxative, Antacid (for stomach upset), A basic first-aid manual and training.

Tools and Sanitation

Mess kits, or paper cups, plates and utensils, Battery operated radio, flashlight and extra batteries

Cash, traveler's checks, change

Non-electric can opener, utility knife, Map of the area,

Emergency Preparedness Manual, Fire extinguisher: small (ABC type), Tent Pliers, Tape (duct), Compass Paper, pencils, Signal flare, Whistle, Plastic sheeting, Medicine dropper, Matches in a waterproof container, Plastic storage containers, bags, Shut-off wrench to turn off gas & water, Sewing kit (needles, thread) Aluminum foil

Sanitation

Toilet paper, towelettes, Soap, liquid detergent

Feminine supplies, Plastic garbage bags, ties

Plastic bucket with tight lid, Disinfectant, Household chlorine bleach

Clothing and Bedding

At least one complete change of clothing and footwear per person. Sturdy shoes or work boots, Rain gear, Blankets or sleeping bags, Sunglasses, Thermal underwear, Hat and gloves

THE GO BAG

If you need to leave your home, be ready to go as quickly as possible. Having a Go Bag in an accessible place ensures that you and your family are prepared for whatever situation arises.

- Each member of the family should have their own Bag.
- Go Bags should be easy to carry and sturdy and stored in an easily accessible location.
- **You should keep a Go Bag at home, work & the car.**
- Go Bags should be prepared for any time of year.
 - Bottled water, Non-perishable food, **can opener**
 - Flashlight, Battery-operated AM/FM Radio
 - Extra batteries, Pocketknife, Whistle / Extra house and car keys, Blanket, Rain gear
 - Hat, Comfortable, sturdy shoes, Warm clothes
 - Prescription medication for a week / Small first-aid kit, Extra pair of glasses/contacts
 - Extra hearing aid(s) and batteries, Toilet paper
 - Plastic garbage bags, Soap, Dust masks
 - Toothbrush and toothpaste / Feminine hygiene products
 - Copy of your communications plan, Regional map
 - Paper, pens, and tape / Cash - in small amounts / Credit and debit cards
 - Copies of important documents in a waterproof container (*IDs, insurance information, proof of address, passports, prescriptions, etc.*)
 - Items for family members, especially children, seniors or people with special needs, and pets.