



# Your Family Preparedness Needs

**D**isasters happen anytime, anywhere. When disaster strikes, you may not have much time to respond. A hazardous material spill on the highway could mean **INSTANT EVACUATION**. A winter storm could confine your family to your home for days. An earthquake, flood, tornado or any other disaster could cut off basic services such as gas, water, electricity and communications.

## Why You Need A Family Disaster Supplies Kit

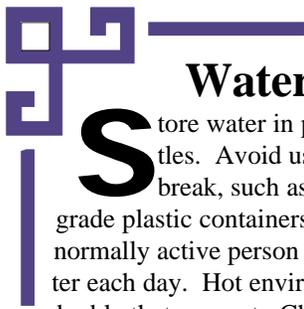
After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for a disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

### Preparing Your Kit

- ◆ Review the checklist in this brochure.
- ◆ Gather the supplies that are listed. You may need them if your family is confined at home.
- ◆ There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.
- ◆ Place the supplies you'd most likely need for an evacuation in an easy to carry container. These supplies are listed with and asterisk (\*). Possible containers include: a large, covered trash container, a camping backpack, or a duffle bag.





## Water/Food

**S**tore water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk containers or glass bottles. Food-grade plastic containers are most suitable for storing water. A normally active person needs to drink at least two 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 at least a three-day supply of non-perishable 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. Never use empty bleach containers to store water. Clearly mark containers "Drinking Water" with the current date.

- Dried beef
- Jerky
- Vienna Sausages
- Corned Beef Hash
- Ready-to-eat canned meats, fish, fruits & vegetables
- Potatoes
- White rice
- Beans
- Dry pasta
- Flour
- Baking powder
- Staples-sugar, salt, pepper
- Dried Spices
- Instant coffee
- Tea Bags
- Canned soups

## First Aid Kit

Assemble a first aid kit for your home and one for each vehicle. A first aid kit should include:

- Thermometer
- Iodine Wipes
- Zinc Oxide
- Chapstick
- Decongestant
- Multi-Vitamins
- Surgical Blades
- Saline Solution
- Insect Repellent
- 2 Tongue Blades
- Butterfly Sutures
- Ammonia inhalants
- Activated charcoal
- Antibiotic Ointment
- Wet wipes
- Burn Gel
- Soap
- Latex Gloves
- Vaseline
- Alcohol pads
- Needle

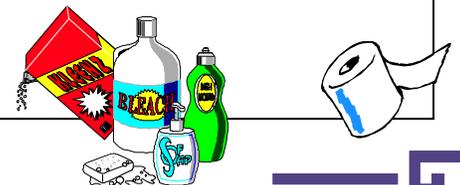


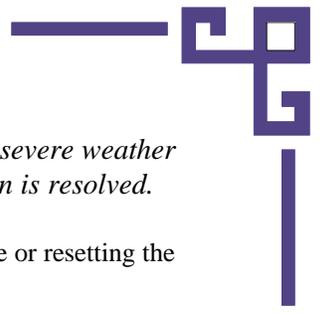
## Tools & Supplies

### Food Storage Tips

- ◆ Keep food in a dry, cool spot—a dark area if possible.
- ◆ Keep food covered at all times.
- ◆ Open food boxes or cans carefully so that you can close them tightly after each use.
- ◆ Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- ◆ Empty opened packages of sugar, dried fruits, and nuts in air-tight containers to protect them from pests.
- ◆ Inspect all food for signs of spoilage before use.
- ◆ Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of storage area and

- Emergency preparedness manual\*
- Needles, thread
- Mess kits, or paper cups, plates, and plastic utensils\*
- Non-electric can opener, utility knife\*
- Battery-operated radio and extra batteries or Solar powered radio\*
- Flash light & extra batteries\*
- Chemical light sticks
- Cash or traveler's checks\*
- Map of the area (for locating shelters)\*
- Fire extinguisher: Small canister, ABC type
- Waterproof Matches
- Hand axe
- Camp shovel
- Hammer
- Fold-up saw
- Pry bar
- Dust masks
- Roll twine
- Duct tape
- Shut-off wrench, to turn off household gas and water
- Wrenches
- Tube tent
- Cooking stove & fuel
- Candles
- Water purification tablets





## What to Do When the Power Goes Out!

Power failures have many causes: storms, construction mishaps, earthquakes, extreme heat, and severe weather to name a few. Below are a few safety tips that should help you avoid problems until the situation is resolved.

- Check to see if your neighbors have electricity. Perhaps the problem is only yours and a new fuse or resetting the circuit breaker is all that is needed.
- If you determine that you have a problem, report it to your local utility company.
- Turn off major appliances to avoid overload when the power is restored.
- Don't open the freezer and refrigerator doors; preserve what cold air is in there.
- Leave one light turned on so you'll know when the power is restored.
- Be alert for downed power lines. Don't go near them. Report them to your utility company.

## Preparing for a Power Outage

- If storm warnings are issued, or if you see lightning, disconnect sensitive electronic equipment such as computers, TV sets and VCRs to avoid damage to them.
- Keep an emergency kit in a handy location stocked with flashlights, candles, matches, a portable battery operated radio and extra batteries.
- Have a supply of drinking water.

## Keeping Warm During a Winter Power Outage

- Dress warmly.
- Eat high energy food to generate body heat. Raisins, nuts or candy are a good start.
- Close off as many rooms as possible. Heat only one room and center your activity in that room. Select a room on the warm side of the house away from prevailing winds.
- Keep doors and curtains closed.
- Use your fireplace if you have one. If not used, make sure the flue is closed.
- Be sure to ventilate properly if you heat with any source that uses an open flame. Cross ventilate by opening a window an inch on each side of the room. It is better to let some cold air in than to run the risk of carbon monoxide poisoning.



## Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

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## Clothing & Bedding

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



- Rain gear\*
- Sunglasses
- Thermal underwear
- Hat and gloves
- Blankets or sleeping bags\*
- Sturdy shoes or work boots\*
- Emergency reflective blanket



### For Baby\*

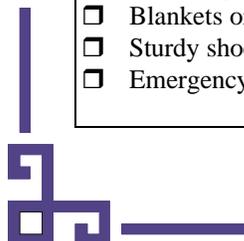
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### For Adults \*

- Insulin
- Prescription drugs
- Denture needs
- Extra eye glasses
- Contact lenses and supplies
- Heart and high blood pressure medication

### Entertainment

- Games and books



# Suggestions & Reminders

- ◆ Store your kit in a convenient place known to all family members. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.
- ◆ Keep items in air tight plastic bags.
- ◆ Change your stored water supply every six months so it stays fresh.
- ◆ Rotate your stored food every six months.
- ◆ Re-think your kit and family needs at least once a year. Replace batteries, update clothes (keeping changing seasons a consideration), etc.
- ◆ Ask your physician or pharmacist about storing prescription medications.
- ◆ If you store important records on computers, keep backup copies on diskettes and/or keep hard copies on file.
- ◆ Keep the tanks on your vehicles full of gas for emergency evacuations.



## Family Disaster Preparedness In Five Easy Steps

- 1 **DISCUSS** the disasters most likely to happen in your area and their impact on your family's safety. Hazards in our area include home fires, severe winter weather and storms, earthquakes, flooding, and hazardous materials threats.
- 2 **TRAIN** all family members. Take first aid classes. Learn to use a fire extinguisher and how to shut off utilities. Do not take the chance that the only person who knows first aid or how to turn off the natural gas will be at home when needed.
- 3 **ASSEMBLE** your disaster supplies into a personal 72 hour emergency preparedness kit. This would include food, water, clothing and medications to last you at least 72 hours. You need enough supplies for **each** family member.
- 4 **IDENTIFY** in and out of state emergency names and numbers and provide copies to each family member. Post a copy near your phone and put copies in your 72 hour disaster supplies kit. When local phone service is out, family members can use their out-of-state contact to relay messages.
- 5 **MAINTAIN** your readiness. Review your disaster preparedness plan with your family at least once a year. Identify what new training, equipment or supplies you may need. Conduct fire evacuations and earthquake "drop, cover and hold" drills with your family.

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