

EMERGENCY PREPAREDNESS SUPPLIES

7-day food / water / supplies for each person and pet

Food: ready-to-eat (rotate 6 mos.)

- Canned meats: tuna, chili, spam, etc.
- Canned fruits, juices, vegetables, soups
- High-protein/high-energy foods: granola bars, trail mix, peanut butter, jelly, crackers
- Multi-vitamin-and-mineral tablets
- Comfort/stress foods: hard candy, instant coffee, tea bags, sweetened cereals
- Mess kit or paper plates, cups, utensils, napkins

Water (rotate 6 mos.)

- Two gallons per person per day (half for food preparation / sanitation, half for drinking)

Clothing / Bedding

- Full change of clothes+shoes for each
- Sturdy boots or hard-soled shoes
- Hat and gloves, thermal underwear
- Seasonal weather gear
- Blankets or sleeping bags

Special Items

- Medications (prescription + over-the-counter) [pain relievers, stomach remedies, sunscreen, anti-inflammatory aids, antihistamines]
- Extra eyeglasses + sunglasses
- Key family documents (uploaded onto a small thumb-drive or CD and a paper copy)
- Inventory of household goods (uploaded onto a small thumb-drive or CD and a paper copy)
- Important telephone numbers
- Entertainment – games, books, cards
- Personal defense items

Tools and Supplies

- Battery- or crank-operated AM/FM radio
- Flashlight + extra batteries
- Can opener + utility knife
- Waterproof matches
- 2-3 person tent + waterproof tarp
- Duct tape
- Small hatchet + rope
- Tool kit + pry bar or crow bar
- Aluminum foil
- Paper and pen and pencils
- Plastic storage containers
- Shut-off wrench for household water and gas
- Fire extinguisher
- Whistle
- Leather gloves

How to Store Your Supplies

- ▶ A 45 - 60 gallon wheeled plastic garbage can will provide adequate storage for 2 people for 2-3 days. Get additional cans if you have more people and pets in your family.
- ▶ Inspect your food and water supplies every 6 months – the dry goods and sealed food can be stored for a year or more. Rotate your supplies as needed.
- ▶ Keep the most urgently-needed items at the top: flashlight, leather gloves, shut-off wrench, whistle, fire extinguisher, and first aid kit.

Sanitation

- 5-gallon Bucket (toilet)
- Plastic garbage bags to fit in it, with ties
- Plastic bucket with tight-fitting lid
- 55-gallon garbage bags
- Toilet paper, towelettes
- Antibacterial liquid soap/detergent
- Feminine supplies (pads and tampons)
- Ziplock baggies
- Household chlorine bleach
- Hand sanitizer

First Aid Kit

- Assorted bandaids + gauze pads ('sponges')
- Assorted rolls of flexible gauze of various widths, up to 4" wide, self-adhering
- Tweezers / medicine dropper
- Assorted 'butterfly' closure bandaids
- First Aid antiseptic solution, like Bactine®
- Antiseptic ointment, like Neosporin®
- Cloth for triangular bandages / slings
- Vinyl / plastic gloves
- Large pads ("multi-trauma dressings")

EMERGENCY PREPAREDNESS INFORMATION SHEET

1. Have a plan

- Expect to be on your own for a full week
- Designate a meeting place where all family members will meet
 - If you have school-age children, find out what plans the schools have to shelter and/or release your children
 - Provide an emergency “grab-and-go” pack for each child
 - Ensure emergency information cards are current and accurate
- Designate an out-of-state friend or relative whom all will call to ‘check in’

2. Identify potential hazards in your home / building and repair them

- Secure anything heavy enough to hurt you if it falls on you or blocks your exit
 - Install latches on cabinet doors
 - Gas appliances should have flexible connectors to reduce fire hazards
- Secure anything fragile or expensive enough to be a significant loss if it falls
 - Use closed hooks for hanging objects
 - Use earthquake putty for collectibles on shelves
- Strap down water heaters – screw straps into studs or masonry

3. Create disaster supplies kits for home, car, school, office

- Assemble emergency preparedness supplies shown on reverse side for your home
- Create specific “grab-and-go” packs for each person – keep near bed
 - Include money, keys, specific needs items for seniors, infants, pets
 - Include a little of the immediate essentials from the supplies on the reverse
- Create car emergency pack – a “grab-and-go” with a little bit of everything in it

4. Practice fire / earthquake drills

- Go through your house, room by room, and look for safe places to provide immediate shelter during earthquake movement. Consider:
 - Doorways
 - Under -- *or next to* -- sturdy tables, sofas, beds, etc.
- Look for hazards to avoid / fix that could block your exit path:
 - Glass windows, bookcases, hanging lamps

5. Get trained

- Get Cardiopulmonary Resuscitation (CPR) / First Aid training
 - www.redcross.org
- Get CERT trained in your community: Community Emergency Response Team
 - www.cert-la.com