



Recommended Items for a Basic Emergency Supply Kit

Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep *at least* a three-day supply of water per person.

Food

- 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.
- Pack a manual can opener and eating utensils.
- Avoid salty foods, as they will make you thirsty.
- Choose foods your family will eat.
 - Ready-to-eat canned meats, fruits and vegetables
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Nuts
 - Crackers
 - Canned juices
 - Non-perishable pasteurized milk
 - High energy foods

- Vitamins
- Food for infants
- Comfort/stress foods

Clean Air

Some potential emergencies could send tiny microscopic "junk" into the air. For example flooding could create airborne mold which could make you sick and an explosion may release very fine debris that can cause lung damage. A biological terrorist attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.

Nose and Mouth Protection

Face masks or dense-weave cotton material, that snugly covers your nose and mouth and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it.

Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Given the different types of emergencies that could occur, there is not one solution for creating a barrier between yourself and any contamination in the air. For instance, simple cloth face masks can filter some of the airborne "junk" or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing. Limiting how much "junk" gets into your body may impact whether or not you get sick or develop disease.

Other Barriers

- Heavyweight plastic garbage bags or plastic sheeting
- Duct tape
- Scissors

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as "[shelter-in-place](#)," is a matter of survival. You can use these things to tape up windows, doors and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors and air vents if you need to seal off a room. Read more: [Deciding to Stay or Go](#).

HEPA (High Efficiency Particulate Air Filtration) Filter Fans

Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to which, you may find yourself in a space that is already contaminated to some degree.

Consider a portable air purifier, with a HEPA filter, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents and other contaminants, they will not stop chemical gases.

Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers as well as in larger home or industrial models to continuously filter the air.

First Aid Kit

In any emergency a family member or you yourself may be cut, burned or suffer other injuries. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer** (Read more: [Biological Threat](#))
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.

- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

Things it may be good to have:

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Non-prescription drugs:

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

Unique Family Needs

Remember the unique needs of your family members when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Seniors

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

- Consider how a disaster might affect your individual needs.
- Plan to make it on your own, at least for a period of time. It's possible that you will not have access to a medical facility or even a drugstore.
- Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available.
- Get an [emergency supply kit](#).
- If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside.
- Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area who would be willing to host you and your pets in an emergency.

Create a Support Network

- If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network.
- Write down and share each aspect of your emergency plan with everyone in your support network.
- Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.
- Teach those who will help you how to use any lifesaving equipment, administer medicine in case of an emergency.
- Practice your plan with those who have agreed to be part of your network.

Additional Supplies and Documents:

Medications and Medical Supplies

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

- Make a list of prescription medicines including dosage, treatment and allergy information.

- Talk to your pharmacist or doctor about what else you need to prepare.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.
- Consider other personal needs such as eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen.

Emergency Documents

Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank accounts information and tax records.

- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- Include the names and contact information of your support network, as well as your medical providers.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.
- Keep these documents in a water proof container for quick and easy access.

Disabled and Special Needs

For People with Disabilities:

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.
- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- Wear medical alert tags or bracelets to help identify your disability.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.

- *Additional Supplies for People with Disabilities:*
 - Prescription medicines, list of medications including dosage, list of any allergies.
 - Extra eyeglasses and hearing-aid batteries.
 - Extra wheelchair batteries, oxygen.
 - Keep a list of the style and serial number of medical devices.
 - Medical insurance and Medicare cards.
 - List of doctors, relatives or friends who should be notified if you are hurt.

Pets

Preparing Your Pets for Emergencies Makes Sense. Get Ready Now.

If you are like millions of animal owners nationwide, your pet is an important member of your household. The likelihood that you and your animals will survive an emergency such as a fire or flood, tornado or terrorist attack depends largely on emergency planning done today. Some of the things you can do to prepare for the unexpected, such as assembling an animal emergency supply kit and developing a pet care buddy system, are the same for any emergency. Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets. Keep in mind that what's best for you is typically what's best for your animals.

If you must evacuate, take your pets with you if possible. However, if you are going to a public shelter, it is important to understand that animals may not be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets.

Make a back-up emergency plan in case you can't care for your animals yourself. Develop a buddy system with neighbors, friends and relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so. Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

Make A Plan

Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.

Family Emergency Plan

- It may be easier to make a long-distance phone call than to call across town, so an **out-of-town contact** may be in a better position to communicate among separated family members.
- Be sure every member of your family **knows the phone number** and has **coins** or a **prepaid phone card** to call the emergency contact.

- **You may have trouble getting through**, or the telephone system may be down altogether, **but be patient**.

Emergency Information

Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified. Methods of getting your attention vary from community to community. One common method is to broadcast via **emergency radio** and **TV broadcasts**. You might hear a special siren, or get a telephone call, or emergency workers may go door-to-door.

Emergency Plans

You may also want to **inquire about emergency plans** at places where your family spends time: **work**, **daycare** and **school**. If no plans exist, consider volunteering to help create one. Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance. Read more: [School and Workplace](#).