

## Basic Emergency Supply Kit

In the event of any emergency, be it a natural disaster or act of terrorism, the best thing you can do is to be prepared. Every household should have a basic emergency supply kit. This kit should include all of the basics needed for survival; food, water, clean air and warmth for at least 3 days.

### Food and Water

- 1 gallon of water per person per day for drinking and sanitation.
- Store water in clean, plastic containers
- consider warmer climates, women who are nursing or people who are sick that may need more water than the standard 1 gallon per day.
- Store at least a 3 day supply of non perishable foods for each person.
- Choose foods that need no refrigeration or preparation.
- Remember a manual can opener for canned items.
- Choose foods your family will eat: Dried fruits, peanut butter, canned meat, canned vegetables and fruit, granola or protein bars, comfort foods, canned juice, etc.

### Clean Air

Some potential threats include use of agents released into the air. Reducing your risk of exposure is essential to good disaster preparedness. Creating a barrier between you and the "bad air" is important.

- N-95 Face masks or dense cotton materials placed over the nose and mouth.
- Face masks should fit each member of your household. Remember, a face mask that fits an adult will not fit a two year old child.
- Heavyweight plastic garbage bags or plastic sheeting for creating a barrier around doors and windows.
- Duct tape or other adhesive tape.
- Scissors.
- Common sense! Listen to local authorities to determine if the air is unsafe. When in doubt, err on the side of safety.

### First Aid

You may find that during an emergency that you or a family member may sustain injuries such as cuts, sprains or burns. Having a good first aid kit is essential, especially when emergency personnel are overwhelmed. Your kit should contain AT LEAST:

- Sterile Dressings
- Cleaning agents
- Eye wash solution
- Scissors

- Antibiotic ointments
- Band Aids
- Burn Ointment
- Tweezers
- 3 Days Worth of Prescribed Drugs or Prescribed Medical Supplies

### **Emergency Supplies**

Food and water and first aid will help you survive, but they are not the only items you should have in case of disaster or emergency. You should also include:

- Battery powered or hand crank radio, NOAA weather radio, extra batteries for each.
- Flashlight(s) and extra batteries or hand crank flashlight
- Whistle (to signal for help)
- Plastic bags for sanitation and waste
- Wrench or pliers to turn off utilities in the house
- Special needs items; Diapers, prescription medications, pet foods, cash, fire extinguisher, paper and pencils, books and puzzles/games for children.