

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
- Eye wash solution
- Cleaning agents
- 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.