

Personal Planning

Emergency Preparedness

Department of Public Safety

Source: *Community Emergency Response Team Handbook*

Assembling and Storing Survival Supplies

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

To Prepare Your Kit

1. Review the checklist on the next few pages [from FEMA L-189, ARC 4463, Your Family Disaster Supplies Kit].
2. Gather supplies that are listed.
3. Place supplies you are apt to need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

Water

A normally active person needs to drink at least two quarts of water a day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store a gallon of water per person, per day [2 quarts for drinking, 2 quarts for food preparation and sanitation].
- Keep at least a 3-day supply of water for each person in your household.
- If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for 10 minutes or use commercial purification tablets to purify the water. You can also use household liquid chlorine bleach if it is pure, unscented 5.25% sodium hypochlorite. To purify water, use the following table as a guide [Ratios For Purifying Water With Bleach]:

| WATER QUANTITY | BLEACH ADDED |
|-----------------------|---------------------|
| 1 Quart | 4 Drops |
| 1 Gallon | 16 Drops |
| 5 Gallons | 1 Teaspoon |

- After adding bleach, shake or stir the water container and let it stand thirty minutes before drinking.

Food

Store at least a 3-day supply of nonperishable 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. Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples-sugar, salt, and pepper
- High-energy foods-peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit

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

- 2-inch sterile bandages in assorted sizes
- 2-inch sterile roller bandages (3 rolls)
- 2-inch sterile gauze pads (4-6)
- 3-inch sterile roller bandages (3 rolls)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Hypoallergenic adhesive tape
- Scissors
- Tweezers
- Needle Nonprescription Drugs
- Moistened towelettes
- Antiseptic
- Aspirin or non-aspirin pain reliever
- Thermometer
- Anti-diarrhea medication
- Tongue blades (2)
- Antacid (for stomach upset)
- Tube of petroleum jelly or other lubricant
- Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- Assorted sizes of safety pins
- Cleaning agent/soap
- Laxative
- Latex gloves (2 pair)
- Activated charcoal (used if advised by the Poison Control Center)
- Sunscreen

Tools And Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Non-electric can opener, utility knife.
- Emergency preparedness manual
- Fire extinguisher: small canister, ABC-type
- Battery-operated radio and extra batteries
- Tube tent
- Flashlight and extra batteries
- Pliers
- Tape
- Cash or traveler's checks, change
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-of-wrench to turn of household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Clothing and Bedding

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

- Sturdy shoes or work boots
- Hat and gloves
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses

Special Items

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

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults

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

Important Family Documents- Keep these records in a waterproof, portable container.

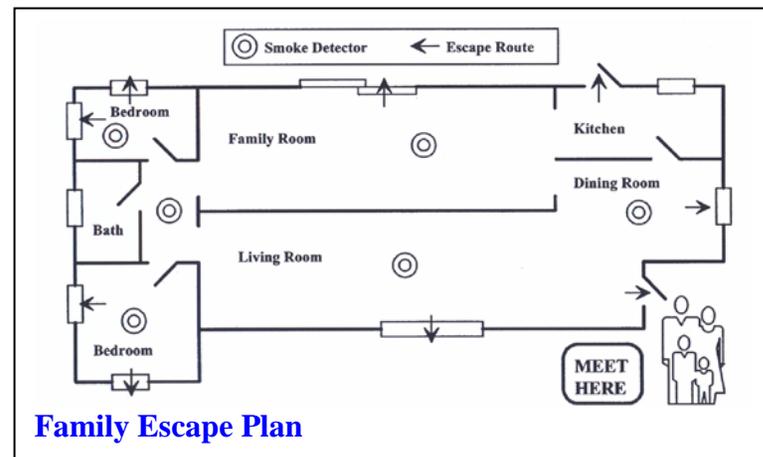
- Will
- Insurance policies
- Contracts
- Deeds
- Stocks and bonds
- Passports
- Social Security Cards
- Immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

Creating A Family Disaster Plan

Exit Drills In The Home

To get started...

1. Contact your local emergency management office and your local American Red Cross chapter.
 - Find out which disasters are most likely to happen in your community.
 - Ask how you would be warned.
 - Find out how to prepare for each type of disaster.
2. Meet with your family.
 - Discuss the types of disasters that could occur.
 - Explain how to prepare and respond.
 - Discuss what to do if advised to evacuate.
 - Practice what you have discussed.
3. Plan how your family will stay in contact if separated by disaster.
 - Pick two meeting places:
 - A location a safe distance from your home in case of fire.
 - A place outside your neighborhood in case you can't return home.
 - Choose an out-of-state friend as a "check-in contact" for everyone to call.
4. Complete the following steps:
 - Post emergency telephone numbers by every phone.
 - Show responsible family members how and when to shut off water, gas, and electricity at main switches.
 - Install a smoke detector on each level of your home, especially near bedrooms; test them monthly and change the batteries two times each year. (Change batteries when you change your clocks in the spring and fall.)
 - Contact your local fire department to learn about home fire hazards.
 - Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.
5. Meet with your neighbors.
 - Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical).
 - Consider how you could help neighbors who have special needs, such as elderly or disabled persons.
 - Make plans for child care in case parents can't get home.



Evacuation Planning

Develop an escape plan that provides for escape from every room. As part of your escape plan:

- Consider the needs of children and physically challenged individuals.
- Inform all family members or office coworkers of the plan.
- Run practice escape drills.