

5 Actions For Emergency Preparedness



1 MAKE A PLAN



2 BUILD A KIT



3 GET TRAINED



4 VOLUNTEER



5 GIVE BLOOD

2

BUILD A KIT



What you have on hand when a disaster happens can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.

1. **Water.** Have at least one gallon per person per day.
2. **Food.** Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.
3. **Flashlight.** Include extra batteries.
4. **First aid kit.** Pack a reference guide.
5. **Medications.** Don't forget prescription and non-prescription items.
6. **Battery-operated radio.** Include extra batteries.
7. **Tools.** Gather a wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags and ties.
8. **Clothing.** Provide a change of clothes for everyone, including sturdy shoes and gloves.
9. **Personal items.** Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.
10. **Sanitary supplies.** You'll want toilet paper, towelettes, feminine supplies, personal hygiene items, bleach, etc.
11. **Money.** Have cash. (ATMs and credit cards won't work if the power is out.)
12. **Contact information.** Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.
13. **Pet supplies.** Include food, water, leash, litter box or plastic bags, tags, any medications and vaccination information.
14. **Map.** Consider marking an evacuation route on it from your local area.