

Items You Will Need For A Disaster Supply Kit

1. A supply of bottled water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months
2. A supply of non-perishable (packaged, canned) food, and a manual can opener
3. A change of clothing, sturdy shoes, and rain gear
4. Blankets or sleeping bags.
5. A first aid kit and your family's prescriptions medications
6. Credit cards, cash, an extra pair of glasses, a list of family physicians.
7. A battery powered radio with extra batteries, and a flashlight
8. A list of important family information (e.g., bank accounts, passwords, serial number of a medical device used by a family member)
9. Special items for infants, elderly or disabled family members
10. Food and water needed by a family pet.

Create An Emergency Plan

1. Meet with household members to discuss the dangers of fire, severe weather, storms, power shortages, flooding, and more
2. Find the safe spots in your house.
3. Discuss what to do during "the above" and personal injuries.
4. Draw a floor plan of your home and mark all exits.
5. Show family members how to turn off the water, gas, and electricity at main switches when necessary.
6. Teach children how and when to call 911, police and fire
7. Instruct house hold members to listen to the radio for emergency information
8. Teach children phone numbers of family or friends not impacted by the incident that has occurred. Choose an emergency meeting place
9. Take a basic CPR / First Aid Class
- 10.Keep family records in a water and fireproof container.