

FAMILY GUIDE TO DISASTER PREPAREDNESS

THERE ARE SIX BASICS YOU SHOULD STOCK FOR YOUR HOME: WATER, FOOD, FIRST AID SUPPLIES, CLOTHING AND BEDDING, TOOLS AND EMERGENCY SUPPLIES, AND SPECIAL ITEMS. KEEP THE ITEMS THAT YOU WOULD MOST LIKELY NEED DURING AN EVACUATION IN AN EASY-TO-CARRY CONTAINER, SUCH AS A LARGE COVERED TRASH CONTAINER, A CAMPING BACKPACK OR A DUFFLE BAG.

WATER

Store water in plastic containers, such as soft drink bottles. **Avoid using containers that will decompose or break, such as milk cartons or glass bottles.** A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more. Store one gallon of water per person per day. **Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).**

FOOD

Store at least a three-day supply of non-perishable 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. Good choices include ready-to-eat canned meats, fruits and vegetables; canned juices; staples (salt, sugar, pepper, spices, etc.); high-energy foods; vitamins; food for infants and comfort/stress foods.



FIRST AID SUPPLIES

Assemble a first aid kit for your home and one for each car.

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes and/or antiseptic wipes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- Surgical or N95 masks



This handout is brought to you by Moore Medical Corporation.

CLOTHING AND BEDDING

Include at least one complete change of clothing and footwear per person, including sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, thermal underwear and sunglasses.



TOOLS AND EMERGENCY SUPPLIES

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



SPECIAL ITEMS

Remember family members with special requirements, such as infants and elderly or disabled persons. Special items for an infant might include formula, diapers, bottles, powdered milk and medications. Special items for adults with medical needs might include heart and high blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies and extra eyeglasses. Ask your physician or pharmacist about storing prescription medications.