



YOU CAN BUILD YOUR KIT ALL AT ONCE OR AT YOUR OWN PACE.  
START WITH WHAT YOU HAVE AT HOME. THEN, ADD TO IT OVER TIME, STEP BY STEP.



## FOOD AND WATER (STEP 1)

- 3-day supply of nonperishable food that needs no cooking
- 2 gallons of water per day for each person, to last 3 days for drinking and sanitation
- Hand-operated can opener
- Plastic plates, cups, utensils
- Baby items (formula, bottles, baby food)



## FIRST AID, MEDICATION, AND HYGIENE (STEP 2)

- First-aid kit (advice: a kit recommended by the Red Cross)\*
- Prescription and backup medications
- Hand sanitizer, wipes, bleach
- Toilet paper, paper towels, garbage bags
- Dental care, hearing, and vision products
- Soaps, personal supplies, baby items
- Sunscreen, insect repellent
- Nose and mouth protection masks (N-95 rating)



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## COMMUNICATION AND LIGHTING (STEP 3)

- Battery-powered emergency alert radio or standard radio with extra batteries
- Extra cell phone battery and car charger
- Flashlights for each family member and extra batteries
- Matches and lighter
- Whistle



## TRANSPORTATION AND DOCUMENT BAG ITEMS (STEP 4)

- Road maps
- Basic repair items (tools, spare tire, tire patch kit, engine oil)

### DOCUMENT BAG WITH

- Cash, current picture I.D.s, family documents
- Insurance, medical cards, bank account information
- Social security cards and birth records
- List of medications with dosages and doctors' phone numbers



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## OTHER ITEMS TO CONSIDER (STEP 5)

### HOME SAFETY

- Plastic sheeting and duct tape
- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Rain gear and towels

### COMFORT ITEMS

- Blankets and pillows
- Books, games, and toys
- Tent

### PET SUPPLIES

- 3-day supply of pet food, water, and bowls
- Pet medications and pet first-aid kit
- Current pet photo in case you are separated
- Carrier, leash, toys
- Cat litter and box



WHEN DISASTER STRIKES, IT'S TOO LATE TO PREPARE. HERE ARE SOME TIPS TO HELP YOU GET READY NOW.



## **POWER LOSS — IN AN EMERGENCY, YOU MAY LOSE POWER FOR SEVERAL DAYS.**

- Make a plan now for any power needs, such as medical equipment or refrigerated medicine.
- Do not use generators, charcoal grills, or camp stoves indoors. To avoid carbon monoxide poisoning only use them outside.
- Keep your vehicles full of gasoline, in case you have to evacuate. Gas pumps use electricity, so you may not be able to fill up.
- Get cash. Stores may not accept debit or credit cards during power outages.

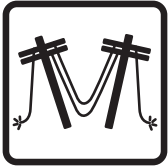


## **MEDICAL SPECIAL NEEDS – PLAN NOW FOR YOUR HEALTH AWAY FROM HOME.**

- Label important medical equipment.
- Pack a small cooler with cold packs to keep refrigerated medicine cool.
- Think of special-diet food, syringes, glucose monitoring strips, and other needed items.
- Have extra medicine in case you cannot get to your pharmacy.
- Get copies of your prescriptions from your doctor in case you are away from home.
- Register with 2-1-1 to get a ride during a hurricane evacuation.



WHEN DISASTER STRIKES, IT'S TOO LATE TO PREPARE. HERE ARE SOME TIPS TO HELP YOU GET READY NOW.



## POST-DISASTER — EVEN AFTER A NATURAL DISASTER, HAZARDS MAY STILL EXIST.

- Watch out for power lines, fallen tree limbs, or other dangers.
- Practice chainsaw safety.
- Do not approach trees if they are touching power lines.
- Be aware of gas odors. Use caution when lighting a flame, whether indoors or outside.
- Remember, feelings of sadness, anger, and grief are normal after any disaster. You're not alone. There are people you can talk to. Dial 2-1-1 for help in your area.

\*First-aid kit: A first-aid kit recommended by the Red Cross is best. Or, you can build a kit yourself. It should at least include antiseptic, bandages, gauze, medical tape, aspirin or ibuprofen, and a cold compress.

### NOTES:

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