

## Emergency Supplies



**THE GOAL:** Remember important items that may be overlooked when leaving your home in a disaster.

*Any emergency is easier to handle when you have prepared ahead of time. Put together an emergency kit with important items to keep at home, and a go bag with items you will need to take with you if you evacuate. Think about what you and your family would need in a disaster. You can make kits for your home, car or workplace. Emergencies can happen anywhere.*

▶▶▶ CHOOSE ONE OF THE FOLLOWING THINGS TO DO THIS MONTH TO BECOME BETTER PREPARED:

### Gather your emergency supplies in an accessible place.

Have a go bag ready if you have to shelter in place or evacuate your home. Your go bag can be part of your emergency kit, just make sure it is in a bag or easy to carry container and that it is easy to get to.

#### THINK ABOUT THESE ITEMS FOR YOUR GO BAG:

- Battery powered radio and extra batteries
- Flashlight with extra batteries
- Lightweight blankets
- Emergency information, including insurance policies
- A list of medications and correct dosage, and doctor's names
- Personal items such as toothbrushes, soap, extra glasses, etc.
- First aid kit
- Whistle
- Change of clothing
- Nonperishable snacks
- Books, cards or magazines to pass the time

**Along with the basics on the previous page, think about these items for your go bag:**

**FOR INFANTS AND CHILDREN:**

- Baby formula and food
- Diapers
- Baby wipes
- Blanket or toy

**FOR MEDICAL CONDITIONS:**

- Empty pill bottle(s) or a list of current medications (*Make sure you update your go bag when your medications change*)
- Your doctor's phone number

**FOR PETS:**

- Pet food & water
- Collar with ID tags
- Pet medication(s)
- Pet carriers and leashes
- Medical records from vet
- Photos of your pet
- Microchip information

**Create an emergency supply kit for your pet, your car, and your workplace or school.**

Disasters can strike when you are away from home. If your office or school does not have an emergency kit, offer to help make one. The kit should include:

- First aid supplies
- Flashlights or light sticks
- Building emergency procedures
- Building maps showing evacuation and shelter areas
- Pens or pencils
- Signs with the words "Need Help" and "All Clear"
- Clipboard with class/staff names

Make or buy an emergency kit for your car. If you travel with your pet regularly, make sure that you have an emergency kit for them as well. Some items to think about for your car kit are: a small first aid kit, flashlight or light sticks, flares or reflective cones, a blanket, cell phone charger, jumper cables, bottled water, nonperishable snacks, and a "help" flag or brightly colored cloth that can be tied to the antenna.

**Stash some cash in case ATMs and credit card machines are not usable in a disaster.**

Many things that we take for granted are not available when there is no power. ATM machines may not work. Grocery stores and other businesses may not be able to accept your credit or debit card. Cash could be the only acceptable means to make a purchase. Some experts say you should have at minimum \$150.00 in cash stashed away. Realizing this may not be possible for everyone, any amount is good to start with. Take \$1.00 dollar a week and place it in an envelope in your emergency kit. In just a little time, you will have some cash stashed away for use in emergencies.