

# **EMERGENCY KITS**

## **GRAB BAG AT HOME** - just in case you need to leave in a hurry:

- 1-day's clothing and shoes for each family member to match the season
- Personal care products, e.g. toothbrush, feminine hygiene products, diapers, comb/brush
- Towel and washcloth
- Blanket or sleeping bag
- Wet Cloths
- Flashlight with extra batteries
- Granola bars/trail mix
- Extra set of car keys
- Cash/coins
- Prepaid phone card
- Copies of important documents: medical
- And RX information, passports, birth certificates, drivers license, insurance papers, bank account information
- Whistle
- Paper/pencils/pen
- Pet food, water, meds

**DON'T FORGET PRESCRIPTION MEDS, EYEGASSES, CANE/WALKER and/or HEARING AIDS**

## **IN HOME** - have supplies that last 7-10 days and store in 1-2 containers such as an unused garbage can:

- Water: at least one gallon, per person, per day
- Can opener, not electric
- Canned or dried fruits, vegetables and soups
- Canned or dried meat
- Beverages: instant coffee, canned juices
- Cereal and crackers
- Powdered or canned milk
- Baby food and formula
- Snacks/sweets
- Peanut butter, cooking oil, salt, nuts
- Candles/matches/flashlight w/extra batteries/battery powered lantern
- Battery powered radio
- AMC-type fire extinguisher
- Smoke detectors and carbon monoxide detectors
- Prescription medications
- First aid kit, e.g. bandages, gauze, tape
- Wired telephone (not cordless)
- Household chlorine bleach
- Scissors
- Whistle
- Pet food and meds

**If you lose power, eat the food in your refrigerator first. Open the refrigerator door as little as possible to keep food safe for about 4 hours. If power is off longer than 4 hours, use your emergency food supply.**

## ***EXTRA SUPPLIES TO HAVE ON HAND:***

- Outdoor grill and fuel
- Extra batteries
- Fire escape ladder
- **NEVER USE** items such as grills, camp stoves or generators indoors. They create carbon monoxide, a deadly gas that cannot be seen or smelled!

**HAVE A PLAN FOR PETS, FOR GETTING TO AN EMERGENCY SHELTER, & HAVING COMMUNICATION WITH NEIGHBORS AND OTHER FAMILY MEMBERS.**

## ***IF SOMEONE NEEDS SPECIAL ASSISTANCE IN AN EMERGENCY:***

- ✓ Tell your fire and police departments about their needs before an emergency.
- ✓ Identify a neighbor or family member who can help if a care provider cannot get to them.
- ✓ Talk with a care provider about what should be done in an emergency.
- ✓ Reach out a helping hand to those who have special needs.

## ***YOUR CAR***

- **ALWAYS** keep your gas tank filled above halfway.
- Bottled water
- Food (granola)
- First aid kit
- White distress flag
- Flashlight & extra batteries
- Flares/light sticks
- Blanket or sleeping bag
- Emergency reflective blanket
- Jumper cables
- Tire jack and spare tire
- Rope/duct tape
- Fix-a-flat
- Shovel
- Maps

**TWICE EACH YEAR:**

- Use and replace any food in your kit that will expire soon
- Check batteries in smoke and carbon monoxide detectors
- Update Grab Bag

**NOTE: DO NOT** use water from a well that has been submersed in flood water. **NEVER** use flood water for any purpose as it could be contaminated. If your water comes from a town system, obey “boil water” orders from officials. Heat water to a rolling boil for 2 minutes.