

# PREPARE A KIT

## PUBLIC HEALTH EMERGENCIES

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.



**An emergency supply kit is a collection of basic items an individual or family may need to stay safe and be more comfortable during and after a disaster.**

Emergency  
Supply Kit



Special Needs  
or Disabilities



People with Pets

## Emergency Supply Kit

### Recommended Items to Include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Pack a manual can opener and eating utensils. Avoid salty foods, as they will make you thirsty. Choose foods your family will eat. Examples of food to include are as follows:
  - Ready to eat canned meats, fruit and vegetables
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned juices
  - Food for infants
  - Comfort/stress foods
- Battery-powered radio or TV
- Flashlight and extra batteries
- Cell phone and charger
- Scissors
- Whistle to signal for help
- Chlorine bleach or other disinfectant
- Face mask (or dense weave cotton material) and plastic gloves
- Moist towelettes, garbage bags, sanitation and hygiene items
- Local maps
- First aid kit, that may include the following, and first aid book:
  - Tweezers
  - Thermometer
  - Eye wash solution
  - Adhesive bandages
  - Cleansing agent
  - Antibiotic ointment
  - Burn ointment
  - Sterile dressings

# PANDEMIC INFLUENZA

**You can prepare for an influenza pandemic now.** You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family.

These checklists are not only helpful in preparing for general public emergencies, but they will also help you gather the information and resources you may need in case of a pandemic flu outbreak.

## **Additional Items to Consider:**

- Prescription medications, an extra pair of glasses or contacts, and batteries for hearing aids
- Non prescription medications, aspirin or non-aspirin pain relievers, anti-diarrhea or laxative medications, and antacids.
- Infant formula and diapers; other infant needs
- Copies of important family documents such as medical records, insurance policies, medical insurance cards, charge and bank account information, wills, or deeds. Keep all documents in a waterproof, portable container.
- Inventory of home possessions
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person
- Complete change of clothing for each family member
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Paper and pen
- Activities for children (books, games, puzzles)

## **People with Special Needs or Disabilities**

**Create a support network to help in an emergency and tell those in your network where you keep your emergency supplies.** Wear medical alert tags or bracelets to help identify your disability. If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.

### **Additional Items to Consider:**

- Extra wheelchair batteries, oxygen
- Keep a list of the style and serial number of medical devices
- Medical insurance and Medicare cards
- List of doctors, relatives or friends who should be notified if you are hurt

## **People with Pets**

**Take your pets with you, if possible, if you evacuate.** However, be aware that pets (other than service animals) usually are not permitted in emergency public shelters for health reasons. Prepare a list of family, friends, boarding facilities, veterinarians, and "pet-friendly" hotels that could shelter your pets in an emergency.

### **Additional Items to Consider:**

- Pet food
- Extra water

