

ARE YOU PREPARED?

Almost half of U.S adults do not have any resources or plans in place for a potential emergency. Don't wait until disaster strikes, prepare your emergency kit today !

Here's what you'll need

Food and Water



One gallon of water per person, per day for at least three days, for drinking and sanitation.



Three-day supply of non-perishable food that is easy to prepare. Examples include canned soup, dry pasta or dried fruit.



Be sure to also include a manual can opener as well as basic utensils to prepare meals

Supplies and Tools



Flashlight

Portable battery-operated radio



Cell phone, charger, and extra batteries

Multi purpose knife

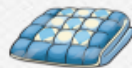


Whistle to signal for help



Wrench or pliers to turn off utilities

Emergency blanket



Personal care items such as moist towelettes, toothbrush, soap, contact lenses or glasses

Games and activities for children



First Aid Kit

- Include a three-day supply of all prescription medications
- Personal medical supplies such as syringes, glucose monitor, walking cane, or hearing aid
- Two pairs of gloves
- Sterile dressings to stop bleeding
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in variety of sizes
- Eye wash solution to flush eyes
- Thermometer
- Non-prescription drugs such as aspirin, anti-diarrhea, antacids and laxatives



- Be sure to also include items for your pets! Prepare a three-day supply of food and water for each pet. A cat or dog will typically need one gallon of water for three days.

- Also include extra cash, maps, and an extra set of house or car keys.

- Prepare copies of important documents including insurance policies, identification, and bank account records.

- Create an emergency contact sheet.

- After gathering supplies pack items in easy-to-carry containers.

- Clearly label containers and place in easily accessible areas.

- Check the expiration dates on water, medication, and batteries at least twice per year.

- Remember to place paper documents, and medications in waterproof containers.

- Find out where your gas, electric, and water shut-off locations are, and how to turn them off.

- Make sure you and your family have an emergency meeting location that is safe.

#Tips

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