

## **EMERGENCY PREPAREDNESS LIST**

### **Water**

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- Store one (1) gallon of water a day, per person
  - For a family of four, you will need twelve (12) gallons of stored water for a 3-day emergency.
- Keep at least a 3-day supply of water per person; keep two (2) quarts for drinking, two (2) quarts for each person for food preparation and sanitation. (Reminder: 4 quarts = 1 gallon)
- Change your stored water supply every six (6) months so it stays fresh.

### **Food**

- Store at least a 3-day supply of nonperishable food. Replace your stored food every six (6) months.
- Select foods that require no refrigeration, preparation or cooking, and little or no water.
- If you must heat food, pack a can of sterno.
- Include a selection of the following foods:
  - Ready to eat canned meats, fruits and vegetables
  - Canned juices, milk and soup
  - Staples (salt, pepper, spices etc)
  - High energy foods (peanut butter, jelly, crackers, granola bars and trail mix)
  - Vitamins
  - Food for infants, elderly people or people on special diets.
  - Comfort foods (cookies, hard candy, instant coffee, tea bags and sweetened cereal)

### **First Aid Kit**

- Assemble a first aid kit for your home and one for each vehicle.
- Ask your physician or pharmacist about storing medications.
- Include the following:
  - Sterile adhesive bandages in assorted sizes - Scissors
  - Assorted sizes of safety pins - Tweezers
  - Cleansing agents and soap - Needle
  - Latex gloves (2 pair) - Moistened towelettes
  - Sunscreen - Antiseptic

- 2-inch sterile gauze pads (4-6 units)
- 4-inch sterile gauze pads (4-6 units)
- Triangular bandages (3 units)
- Non-prescription drugs (pain reliever)
- Antacid, anti-diarrhea, laxative, Syrup of Ipecac, and activated charcoal.
- 2-inch sterile rolled bandages (3 rolls)
- 3-inch Sterile rolled bandages (3 rolls)
- Thermometer
- Tongue blades (2 units)
- Tube of petroleum jelly or other lubricant

### **Tools and Supplies**

- Flashlight
- Mess kits or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery operated radio and extra batteries
- Cash or traveler's checks, and change
- Non-electrical can opener or utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape (especially Duct tape)
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper and pencil
- Needles and thread
- Medicine dropper
- Shutoff wrench, to shut off household gas and water
- Whistle or other signaling device
- Plastic sheeting
- Map of the area (for shelter locations)

### **Clothing & Bedding**

- Include at least one complete change of clothing and footwear per person.
- Clothing items should include the following:
  - Sturdy shoes or work boots
  - Rain gear

- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

## **Sanitation**

- Toilet paper, towelettes
- Soap and liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses).
- Plastic bucket with lid
- Disinfectant and household chlorine bleach

## **Special Items**

- Remember family members with special requirements, such as infants and elderly or disabled persons.
- For baby:
  - formula
  - diapers
  - bottles
  - powdered milk
  - medications
- For adults:
  - heart and blood pressure medication
  - insulin
  - denture needs
  - prescription drugs
  - contact lenses and supplies
  - extra eyeglasses

## **Vital Family Documents**

- Keep these records in a portable, waterproof container.
  - Will
  - Insurance policies
  - Contracts
  - Deeds
  - Stocks and bonds
  - Passports
  - Social security cards
  - Immunization records

- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Other family records (birth, marriage, and death certificates).

## **Strategy**

- At least once a year, re-think your family emergency kit needs (if possible, sit down as a family to do this)
- Replace old batteries, update clothes for the appropriate seasons, etc.
- Ask your physician or pharmacist about storing prescription medications.

## **Entertainment**

- Games and books

\* Any other comfort items that may be important to you or your family members.

For more information on preparing a Family Emergency Plan and/or an Emergency Supply Kit with a list of items for an emergency, please visit [Ready.Ohio.gov](http://Ready.Ohio.gov). The Office of Homeland Security and Emergency Management Agency works hard to help Ashland County residents have the education they need in the event of an emergency.