



# Home Emergency Preparation Kit

Emergencies and disasters often strike with little or no warning and people might not have the supplies they need. It is therefore important to plan ahead:

## **Supplies Needed** (typically for 3 – 5 days)

- One gallon of water per person per day
- Canned or dried foods that do not spoil easily
  - protein or fruit bars
  - dry cereal and/or granola bars
  - peanut butter
  - dried fruits
  - cereals
  - chips
  - milk powder
  - comfort food
- Prescription medications and a list of all the prescription medications
- List of physicians and their contact information
- List of emergency numbers, family and friends
- Important family documents and photos (stored in water and fire proof container)
- Vitamins
- First aid kit (bandages, band-aids, sterile gauze, antibiotic ointment, , sunscreen, tweezers, thermometer, petroleum jelly, antacid, laxative, anti-diarrhea medication, beta dyne, aspirin and non-aspirin pain medicine)
- Extra eye glasses and/or contact lenses
- Extra keys and credit cards
- Pre-paid long distance phone cards
- Clean clothes and comfortable, sturdy shoes
- Rain gear, and depending on location, winter coat and gloves
- Sleeping bags and extra blankets
- Tent
- Crank-up AM/FM radio
- Flashlights (extra batteries)
- Heavy duty trash bags and small trash bags
- Masking tape / duct tape
- Scissors
- Plastic sheeting to seal windows/doors/vents
- Permanent markers
- Liquid detergent
- Household bleach
- Plastic bucket with a tight lid
- Two buckets without a lid
- Toilet paper, moist towelettes, and wet wipes
- Rope and utility knife
- Matches
- Can opener
- Utensils for each family member, as well as plates and mugs
- Toiletry items (toothbrush, toothpaste, soap, lotion, deodorant, feminine hygiene products)
- Towels and washcloth
- Sewing kit (needles, thread, buttons, pins etc.)
- Toys for kids
- Baby supplies (baby formula, baby bottles, diapers)
- Pet supplies (food, water, bowls, cat litter, liter box, items for waste [newspaper], medications, vet information, toys, etc.)
- Entertainment items (laptop computer, books, board games, cards, coloring books, crayons and colored pencils or markers, a ball, etc.). A child's favorite toy can serve as a source of comfort.

## **Seniors and disabled persons**

Emergencies and disasters can be very stressful for seniors and disabled persons. In case of evacuation, it is important to bring equipment such as a wheelchair or cane (make sure they are labeled well). Medical alert bracelets should be worn in case families get separated, to alert first responders and others of any special medical needs (e.g. allergies) a person might have. In case a person is in need of services such as radiation, dialysis, or other life sustaining services, they should be aware of different locations that provide these services, in case one of these locations is shut down. In addition, they should have these items in a dedicated location (that other caregivers are aware of):

- List of all medications they take
- List of any allergies they have and/or special needs
- Spare pair of glasses and/or hearing aid
- List of all doctors and contact information for each
- Copy of medical insurance(s) and Medicaid card
- Special equipment/devices as needed (backup batteries if needed)
- Emergency phone numbers
- Phone numbers of family, friends and/or neighbors

## **Child(ren) in school**

The school should have current contact information about both parents or other caregivers. This should include:

- Up-to-date home number(s)
- Up-to-date cell phone number(s)
- Work phone number(s)
- E-mail address(es) if the parents have one
- Alternative emergency contact person and their phone numbers

Parents or other caregivers should also have a family communication plan so the child(ren) and other family members can call/email the same family member/friend in the event that family members/friends are separated from one another during the disaster event

## **Pets**

In case of an emergency or disaster, pet(s) should be brought along if possible. Make sure their immunizations are up to date. Pets should also have immunization and identification tags (other options are permanent identification, such as a microchip and/or registering your pet with a recovery database). Keep an extra supply of pet medications that your pet takes on a regular basis. When creating an emergency kit, plan ahead and have additional water, pet food, and dishes.

With a dog have a leash, harness, or collar and a clean-up kit (newspaper, plastic bags, etc). With a cat have a cat carrier and cat litter. All other smaller pets should have adequate food (and pet dishes for food and water) for several days and any other materials you need. Having your pet's toys, treats, and bedding will help reduce your pet's stress. Have a picture of you and your pet(s) to help document ownership.

Have a plan for where you might be able to stay in case of an emergency or disaster. Identify pet friendly hotels, friends, and family members. Develop an agreement with your neighbors or friends about taking care of your animals in case of an emergency or disaster and agree to do the same for them. Let your veterinarian know your emergency or disaster plan and get additional feedback from your veterinarian about what you should include in your emergency kit for your animals.

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