

**Emergency Preparedness – What you need to be ready for the unexpected!**

In an emergency, keeping yourself and your family healthy and safe is important! It is critical to prepare ahead of time for an unexpected emergency situation, and have a plan that will provide for your basic needs at a moment’s notice. FEMA, and the US Department of Homeland Security recommends that families build an emergency kit and be prepared for unexpected events. For more information about FEMA recommendations please check out the following websites: <http://www.ready.gov/build-a-kit> or <http://www.listo.gov/es/kit> (spanish)

This guide the checklists below are provided to you to help you establish your own kits and plans for your family. A good idea is while you are going though a typical day, list every item you use, decide if you’d absolutely need it in an emergency, then get a travel-size version of each. Items like a pair of backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener can make a difference!

A basic emergency supply kit should include the following recommended items:

Item Description	Home kit	Office kit	Auto kit	Bug-Out Bag
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**Food and Water**

<input type="checkbox"/> Water - <b>one gallon of water per (adult) person</b> per day for drinking and sanitation. For home kits, you should plan for at least three weeks. For bug-out bags, you should plan on three days and carry a water filtration and purifier (see below).	Must have	Personal water bottle	Personal water bottle	Personal water bottle
<input type="checkbox"/> Water purifier and chlorine tablets	Must have	Optional	Optional	Must have
<input type="checkbox"/> Food – Plan for a minimum of a three-day supply (per person) of non-perishable food. For home kits, you should plan for at least three weeks of food. For bug-out bags, you should plan on three days.	Must have	Travel snacks or breakfast bars	Travel snacks or breakfast bars	Must have, with a plan for travel
<input type="checkbox"/> Pet food and extra water for your pet. You should plan using the same time frames as you do for the humans in the family.	Yes, if you have a pet	Optional	Optional	Yes, if you have a pet
<input type="checkbox"/> Infant formula / food. Again, you need to plan using the same time frames for food and water above.	Must have if you have an infant	Optional	Optional	Must have, with a plan for travel

**Personal hygiene**

<input type="checkbox"/> Infant diapers	Must have if you have an infant	Optional	Optional	Must have, with a plan for travel
<input type="checkbox"/> Sanitization wipes or gel	Must have	Must have	Must have	Must have
<input type="checkbox"/> Baby wipes	Must have if you have an infant	Optional	Optional	Must have, with a plan for travel
<input type="checkbox"/> Feminine supplies and personal hygiene items	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Garbage/zip-top (plastic) bags for storage and disposal	Recommended	Optional	Recommended	Recommended
<input type="checkbox"/> Travel tooth brush and tooth paste	Recommended	Optional	Optional	Recommended
<input type="checkbox"/> Brush/comb	Recommended	Optional	Optional	Optional

**Medical**

<input type="checkbox"/> Prescription medications and medical supplies	Must have	Optional	Optional	Must have
<input type="checkbox"/> Extra pair of prescription glasses and sun glasses (or safety glasses)	Must have	Optional	Optional	Must have
<input type="checkbox"/> First aid supplies (see separate list below)	Must have	Recommended	Must have	Must have
<input type="checkbox"/> N95 or N99 masks	Must have	Recommended	Must have	Must have
<input type="checkbox"/> Nitrile gloves	Must have	Recommended	Must have	Must have

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### Personal and Family Safety

<input type="checkbox"/> Complete change of clothing and sturdy shoes	Recommended	Optional	Optional	Recommended
<input type="checkbox"/> Matches in a waterproof container and/or fire-starter	Must have	Optional	Optional	Must have
<input type="checkbox"/> Plastic sheeting and duct tape to shelter-in-place	Must have	Optional	Optional	Recommended

### Personal and Family Safety (continued)

<input type="checkbox"/> Flashlight with extra batteries (look for hand crank flashlights)	Must have	Recommended	Recommended	Must have
<input type="checkbox"/> Duct Tape	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Emergency whistle	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Emergency blankets (one per person)	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Parachute cord	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Paper and pencil	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Tools (wrench, pliers, manual can opener)	Must have	Optional	Recommended	Must have
<input type="checkbox"/> Utility knife	Must have	Optional	Must have	Must have

### Communication and electronics

<input type="checkbox"/> Cell phone, power cords, and a backup battery	Recommended	Recommended	Recommended	Recommended
<input type="checkbox"/> Extra batteries / alternative power source	Must have	Optional	Optional	Must have
<input type="checkbox"/> Two-way (citizen band or 'CB') radios with a NOAA weather alert capability	Must have	Optional	Must have	Must have

### Documents and money

<input type="checkbox"/> Cash or traveler's checks and change (coins)	Must have	Optional	Optional	Must have
<input type="checkbox"/> Important family documents such as copies of insurance policies	Must have	Optional	Optional	Must have
<input type="checkbox"/> identification and bank account records in a waterproof, portable container	Must have	Optional	Optional	Must have
<input type="checkbox"/> Emergency reference material such as a first aid book or information	Must have	Optional	Optional	Must have
<input type="checkbox"/> Maps	Recommended	Optional	Recommended	Must have

For more information you can visit [www.ready.gov](http://www.ready.gov)

### What is a bug-out bag?

A bug-out bag is about what it sounds like it is. It is a small bag that you can grab in an instant in case of an emergency and carry with you. The bag should be manageable by the person planning on carrying it and allow them to run with it if needed. A backpack is ideal, but a lightweight suitcase with wheels will also work, however, you may have issues with it if you need to travel over rough terrain, or if there is a need to run or keep your hands free. Remember, if you need to use your bug-out bag, it will be when you need to move quickly, and you should choose a bag that allows you to easily carry what you need while keeping your hands free.

### Don't overlook the ability to communicate with emergency personnel, your neighbors, and loved ones!

In an emergency it is easy to overlook obvious items that can make a real difference in your safety and security. An example of this is the ability to communicate with police and emergency personnel, family members, and neighbors! We've become so accustomed to our cell phones, but in an emergency, cellular service may be out or congested leaving you no way of communicating with other people you are not with you! One of the '**Must Haves**' for your home, auto and bug-out emergency kits are two-way (Citizen Band or 'CB') radios! They provide a level of security and a way to communicate not only with emergency personnel, can be used as a way

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to stay in touch with family and friends! Don't overlook this simple but essential part of your emergency kits! For more information on two-way CB radio solutions check out our website at <https://cbradio.store/emergency-preparedness>

### Start a neighborhood group!

Talk to your neighbors! Even if you rarely talk, being able to communicate with neighbors and family outside of your home is important in an emergency! Share this emergency preparedness checklist with your neighbors and develop a plan that will allow you to communicate with them if the power and cell coverage goes out. We recommend that you and your neighbors agree on a plan to communicate when an emergency occurs no matter what time of day or night. Again, a good resource for this is a CB radio! Whatever your plan, you should write it down with contact information for group members to follow when something happens.

### Making water safe to drink!

In an emergency, your household tap water may not be safe to drink or use. It is important to prepare for possible emergency situations ahead of time by preparing an emergency water supply for yourself and your family. It is also essential to know how to make contaminated water safe to drink and how to find alternate sources of water.

**RECOMMENDED: According to the CDC (Centers for Disease Control and Prevention), in emergency situations, you should use bottled water if possible; bottled water is the safest choice for drinking and all other uses. If bottled water is not available, the following methods can help make your water safe to drink!**

It is important to note that water contaminated with fuel or toxic chemicals will not be made safe for consumption by boiling or disinfection

If water has been stored for more than a few days, it is recommended you boil the water for safety! It is **IMPORTANT** to note that water contaminated with fuel or toxic chemicals **WILL NOT** be made safe for consumption by boiling or disinfection!

- Boiling water.** Boiling is the surest method to kill disease-causing organisms, including viruses, bacteria, and parasites!
  - If needed, filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water.
  - Bring the clear water to a rolling boil for 1 minute (at elevations above 6,500 feet, boil for three minutes).
  - Let the boiled water cool before using or storing in a clean/disinfected container.
  
- Disinfect water** with unscented household liquid chlorine bleach
  - If needed, filter it through a clean cloth, paper towel, or coffee filter OR allow it to settle. Then, draw off the clear water.
  - Follow the instructions for disinfecting drinking water that are written on the label of the bleach.
  - If the necessary instructions are not given, check the "Active Ingredient" part of the label to find the sodium hypochlorite percentage, and use the information in the following table as a guide. Typically, unscented household liquid chlorine bleach will be between 5-6% and 8.25% sodium hypochlorite, though concentrations can be different. Using the table below, add the appropriate amount of bleach using a medicine dropper, teaspoon, or metric measure (milliliters).
  - Stir the mixture well.
  - **IMPORTANT:** Let it stand for at least 30 minutes before you use it, or storing in a clean/disinfected container.

It is important to store the boiled water in clean sanitized containers with tight covers. For more information please check out the CDC's information page on making water safe! <https://www.cdc.gov/healthywater/emergency/drinking/making-water-safe.html>

### What kind of clothing should I have?

Often you may not have changes of clothes ready to go. The approach we have found to be help is to keep a pair of hiking shoes and pants near or in your Bug-Out bag in clear gallon size zip-top bags to prevent them from getting dirty. If you need to leave your home it is important to include layers of cloths that you can add or remove depending on weather conditions. It is also a good idea to include a rain poncho or jacket in areas that see a lot of rain. Don't forget to bring a hat!

### Plastic Bags are Essential!

Bring extra plastic bags. Gallon size zip-top bags work best! Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards. Keep it in a safe place that you can grab quickly!

