Be Prepared — Be Protected!

First Aid

You may needd to survive on your own after a disaster. This means having your won food, water, and other supplies in sufficient quantity to last for at least three days. Basic services such as electricity, gas, water, sewage, and telephones may be cut off for days, or even a week or longer. You may have to evacuate at a moment's notice and take essentials with you. A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

Basic Disaster Supplies Kit

- Three-day supply of non-perishable food
- Three-day supply of water - one gallon of water per person, per day.
- Portable, battery-powered radio or TV with extra batteries
- Flashlight and extra batteries
- First aid kit and manual
- Sanitation and hygiene items (moist towlettes and toilet paper)
- Matches and waterproof container
- Whistle
- Extra clothing
- Kitchen accessories and cooking utensils, including hand-operated can opener
- Photocopies of credit and identification cards
- Cash and coins
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles and pacifiers

Maintaining Your Disaster Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition.

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace with fresh supplies.
- Place new items at back of storage area and older item in front.
- Change stored food and water supplies every six months, and label all items
- Keep items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers.

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