

Grab and Go Emergency Kit

An Emergency Kit should contain all of the items that you would need for three days. It should be stored in a place that has easy access. All family members should know where the kit is located and the contents should be checked or replaced every six months. It is important that the kit be easy to move so that you can take it with you if you need to evacuate.

Pack a whistle, first aid kit, prescription medications, a non-electric can opener, a pack of playing cards, tools, medications, clothing, hygiene supplies, a battery-powered radio, flashlight, extra batteries and blankets.

- Include in the kit important documents such as medical and financial records, maps, emergency contact lists, phone numbers, etc.
- Pack an envelope of cash, a credit card and a backup of your computer files.
- If you have children, include a favorite stuffed animal, blanket, books, games or toys.
- Store at least one gallon of water per person per day. Store the water in clean plastic containers. Label and date each container, replacing the stored water every six months.
- Store non-perishable foods that do not require refrigeration or cooking and need little or no water. Store the food in a plastic or metal container to protect from pests. Label and date each container, replacing the food every six months. Include a can of solid fuel and matches to heat the food.
- Examples of food items include: ready-to-eat meats, dried cereal, fruits or vegetables, canned or dried soups and juice, peanut butter and non-perishable jelly, food for infants or people on special diets, salt, pepper, spices, sugar, candy or cookies, instant coffee or tea, crackers or trail mix, food for your pets.
- Important: Keep canned foods in a cool, dry place. Throw out any canned good that becomes swollen, dented, or corroded. Update your kit annually and as your family needs change. Store items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers

Family Preparedness Checklist

- Speak with neighbors about their emergency plans, and find out how you can help each other during an emergency. Find out how to deal with special needs for elderly, vulnerable or handicapped persons.
- Identify a friend or relative in a different state who can coordinate communications in case your family is separated.
- Talk with officials about school disaster plans.
- Prepare a Grab and Go Emergency Kit.
- Make a list of important items and stores where they can be purchased: Examples include: current prescription names and dosages; names, addresses, and telephone numbers of doctors and pharmacists; detailed information about your medications and medical history, and hearing aid batteries.
- Ensure that all family members wear appropriate medical-alert tags.
- Know the location of emergency shelters and alternative evacuation routes.
- Do a hazard assessment of your home and mitigate identified hazards.
- Know the location of and how to shut off your home's utilities.
- Talk with your children about what they should do during an emergency.
- Keep important phone numbers listed by the telephone and teach children how and when to call 9-1-1.
- **TEACH ALL FAMILY MEMBERS TO TEXT as text messages can often bypass network disruptions when a phone call might not get through.**
- Purchase a NOAA Weather Radio with a tone alert feature to stay informed about severe weather and other important information.
- Consult with your insurance agent about your insurance coverage, as most policies do not cover earthquake or flood damage. Protect valuable property and equipment with special riders and consider obtaining business continuity insurance for your business.
- Determine how you will protect your pets or animals in the event of a disaster -Most shelters do not allow pets, but working service animals are permitted.
- Check that all smoke and carbon monoxide detectors are working. Every six months change the smoke and carbon monoxide detector batteries and the perishable supplies in your disaster kit.
- Designate and equip a "Shelter-in-Place" room in your house - a protected interior or basement room that you can live in if necessary.
- Listen to police scanners with apps like Broadcastify and ScannerRadio.
- Back up your computers every month and keep the external drive(s) safe.