

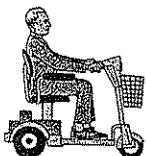
Grab 'n Go Bags

Have a *Grab 'n Go Bag* for each person in the house. Keep it by your bed. If you need to evacuate, grab your bag and go.



Adult Bag

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contacts lenses and solutions
- Medications (at least one-week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs (provided by CERT)
- Emergency phone list, out-of-state contact #
- Lists of people to notify if you are injured
- Copies of important documents: insurance, identification, social security, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, etc.
- Toilet paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground cloth
- Dust mask
- Crow bar (may need to remove debris)
- Drinking water – store in a separate place (minimum one gallon per person)
- Food
- Snacks (granola bars, trail mix, peanut butter)



Seniors or Disabled Bag

These items are in addition to the Adult Grab 'n Go Bag.

- Food for special diet needs
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes)
- For guide dogs see Pet Grab 'n Go Bag.



Infant and Toddler Bags

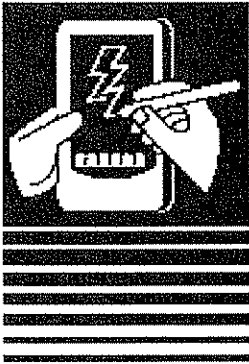
These items are in addition to the Adult Grab 'n Go Bag.

- Formula, disposable bottles, nipples
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialite, electrolyte replacement solution
- Tylenol, Triaminic and other medications
- Firm soled slippers or shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor Form, completed

Emergency Preparedness Checklist

<p><u>Grocery Store</u> Water 4 gals. 1 jar peanut butter 2 large cans of juice 5 cans of meat 4 cans of fruit 4 cans of vegetables 2 cans ready to eat soup Hand operated can opener permanent marking pen special food for special diets 2 boxes quick energy snacks dried fruit/ nuts 1 box of graham crackers dry cereal assorted plastic containers with lids 1 package eating utensils cups 3 rolls paper towels liquid dish soap 2 rolls toilet paper feminine hygiene supplies paper and pencil toothbrush and toothpaste disinfectant Household chlorine bleach 1 box heavy-duty garbage bags /ties Large plastic food bags</p>	<p><u>Hardware / Sporting Store</u> Heavy cotton or hemp rope Duct tape 2 flashlights with batteries Matches in waterproof container state map Patch kit for tires of mobility aid or car seal-in-air product for mobility aid or car signal flare compass extra hearing aid batteries, if needed Battery-powered radio Whistle Pliers Extra flashlight batteries Extra radio batteries Assorted nails Wood screws Labels for your equipment and supplies Bungee cords Plastic bucket with tight lid Plastic sheeting Camping or utility knife Work gloves Safety goggles disposable dust masks 2 blank videocassettes Easy to carry container (for these supplies)</p>	<p><u>Hardware / Sporting Store (cont.)</u> Wrenches needed to turn off utilities Screwdriver Hammer Crow bar <u>First Aid supplies</u> Safety pins Adhesive tape Latex gloves Sunscreen Gauze pads Sterile roller bandages Sewing kit Scissors Tweezers Thermometer Liquid antibacterial hand soap Disposable hand wipes Needles Petroleum jelly or other lubricant 2 tongue blades Extra eyeglasses, if needed. Antacid (for stomach upset) aspirin or non-aspirin pain reliever Laxative medicine dropper anti-diarrhea medication</p>	<p><u>Pet stuff</u> Leash or carrier for pet gal of water for each pet Food for animals Litter/ pan Extra Water Medications Develop a pet care plan in case of disaster. Put extra harness, leash, and ID tags in your disaster supplies kit. Obtain current vaccinations and medical records of your animals Make copies of all vaccination records and put them in your disaster supplies kit. Extra harness, leash, ID tags, and food for your service animal and/or pets</p>	<p><u>Important papers to photocopy and store</u> Family records (birth, marriage, death certificates) Copy of Supplemental Security Income award letter. Record of credit card accounts Record of bank account numbers, names and phone numbers Inventory of valuable household goods, important telephone numbers Will, insurance policies, contracts, deeds, stocks and bonds Passports, social security cards, immunization records</p>	<p><u>Other</u> Cash, coins, traveler's checks Deck of cards 1 or 2 reading books</p>
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<p>Waterproof portable plastic container(with lid) for important papers Perforated metal tape (plumber's tape or strip iron) Childproof latches or other fasteners for your cupboards Double-sided tape or hook-and-loop fasteners (such as Velcro) to secure moveable objects contact lens supplies Extra plastic baby bottles, formula, and diapers, if needed</p>	<p>rubbing alcohol antiseptic syrup of ipecac and activated charcoal Sterile adhesive bandages in assorted sizes extra medication or prescriptions marked "emergency use"</p>
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Your Emergency Preparedness Kit Checklist

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least three days.

Emergency Survival Kit

Store one of these at home, at work and at each child's school or daycare facility.

- Dry or canned food and drinking water for three days (for each person)
- Can opener
- First aid supplies and first aid book
- Copies of important documents (birth certificates, licenses, insurance policies, etc.)
- "Special needs" items for family members (infant formula, eye glasses, medications, etc.)
- A change of clothing including hard soled shoes
- Gloves, mask, and eye protection
- Sleeping bag or blanket
- Battery powered radio or television
- NOAA All-hazard Radio
- Flashlight and extra batteries
- Whistle
- Waterproof matches
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers

Additional items you can store at home for use during an emergency:

Cooking supplies

- Barbecue, camp stove, chafing dish
- Fuel for cooking (charcoal, camp stove fuel, etc.)
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Sanitation supplies

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach with no additives
- Newspaper — to wrap garbage and waste

Comfort

- Sturdy shoes
- Gloves for clearing debris
- Tent

Tools and Supplies

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting
- Compass
- Signal Flare
- Duct tape
- Utility Knife
- Small shovel
- ABC Fire Extinguisher
- Medicine dropper
- Cash or travelers checks

Special Needs Items:

For Children

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

For Adults

- Prescription Drugs
- Extra eyeglasses
- Important legal documents
- Oxygen or walker

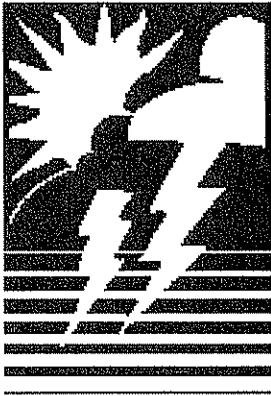
For Pets

- Medications and medical records
- Food and water
- Copies of license
- Current photo in case they get lost
- Name and number of veterinarian

First Aid Kit

You should have two first aid kits—the other in your home and one in your car.

- Sterile adhesive bandages (assorted sizes)
- Gauze pads (2- and 3-inch)
- Triangular bandages
- Hypoallergenic bandages (2 and 3")
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins (assorted sizes)
- Bar of soap
- Moist towelettes
- No-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades and wooden applicator sticks
- Antacid and laxative
- Eye wash
- Anti-diarrhea medication
- Emetic (to induce vomiting)
- Aspirin and non-aspirin pain reliever
- Alcohol-based hand sanitizer
- Rubbing alcohol
- Antiseptic or hydrogen peroxide



Preparing Your Household for Emergencies

After a disaster, you and your family should be prepared to be on your own for at least three days. Emergency response teams will be very busy and may not be able to provide immediate care to all who need it. Here is what you can do to protect yourself.

Before a disaster

Choose a place for your family to meet after a disaster.

Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.

Know how to contact your children at their school or daycare, and how to pick them up after a disaster. Let the school know if someone else is authorized to pick them up. Keep your child's emergency release card up to date.

Put together an emergency supply kit for your home and workplace. If your child's school or daycare stores personal emergency kits make one for your child to keep there.

Know where the nearest fire and police stations are.

Learn your community's warning signals, what they sound like and what you should do when you hear them.

Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.

Keep a small amount of cash available. If the power is out, ATM machines won't work.

If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies. Make sure they can find their cards at all times.

Conduct drills every six months.

Make copies of your vital records and store them in a safe deposit box in another city or state. Store the originals safely. Keep photos and videotapes of your home and valuables in your safe deposit box.

Make sure family members know all the possible ways to get out of your home. Keep all exits clear.

Make sure all family members agree on an emergency plan. Give emergency information to babysitters or other caregivers.

During an emergency or disaster

Keep calm and take time to think.

Give assistance where needed.

Listen to your radio or television for official information and instructions.

Use the telephone for emergency calls only.

If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

After the emergency or disaster is over

Use caution in entering damaged buildings and homes.

Stay away from damaged electrical wires and wet appliances.

Check food and water supplies for contamination.

Notify your relatives that you are safe, but don't tie up phone lines. They may be needed for emergency calls.

If government disaster assistance is available, the news media will announce where to go to apply.