

Emergency Preparedness Check-List

PROTECT YOUR FAMILY AND HOME

- ☐ **Water:** 3- to 7-day supply, 1 gallon per person per day.
- ☐ **Food and Food Preparation Items:**
 - 3- to 7-day supply of nonperishable food that requires little prep.
 - Manual can opener (if your supplies include canned food).
 - Paper plates, plastic utensils, plastic bags, plastic garbage bags, waterproof containers and foil.
 - Two coolers - one for food, one for ice.
 - Fuel for any non-electric cooking source, such as charcoal or propane gas, and matches.
- ☐ **Telephone:** Portable phones will not last without electricity and cellular service could be disrupted. A phone that plugs into a wall jack is best.
- ☐ **Flashlight:** One for each person, plus extra batteries.
- ☐ **Radio:** Battery-powered or hand-crank radio and spare batteries.
- ☐ **Chlorine bleach:** When diluted 1 part bleach to 9 parts water, bleach can be used as a disinfectant. In an emergency, you can use it to treat water - use 16 drops of regular liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.
- ☐ **Personal Care Supplies:**
 - ☐ **First-Aid Kit:** Your kit should include bandages, gauze, tape, antibacterial ointment, anti-diarrhea medication, pain medication, antacids, tweezers, scissors, soap & alcohol.
 - ☐ Two-week supply of **prescription medications** - check with your pharmacist about the shelf life of the medicine.
 - ☐ Personal toiletries.
 - ☐ Spare hearing aid batteries, if needed.
 - ☐ Mosquito repellent and sun screen.
 - ☐ Antiseptic hand cleanser.
- ☐ **Important documents** (e.g. insurance policies, bank account records, or identification) in a waterproof, portable container.
- ☐ Other family needs such as pet supplies, vaccination records, and identification; infant supplies; and any other unique need your family may have.