

# DISASTER SUPPLIES AND PREPAREDNESS



- ▶ Do you have flood insurance?
- ▶ Get a refrigerator thermometer. Food keeps at 41 degrees or lower.
- ▶ Designate a safe room in your home's interior.
- ▶ Bridges lock down when sustained winds reach 39mph.

## Disaster Supplies Checklist

Have a 5 - 7 day supply of water, non-perishable food, medication and other necessary items per person and per pet. To calculate the amount of water and food, remember:

- 1-2 gallons of potable water per day, per person
- ½ - 1 gallon of water per day, per pet
- 3 meals per day, per person
- store water for non-potable uses in clean tubs or other suitable containers

Below are suggested food items. Selections should be based on family needs and preferences. When possible, choose low-salt, water-packed varieties.

### ▶ Food/drink items

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> bottle/canned/powdered drinks | <input type="checkbox"/> canned vegetables       | <input type="checkbox"/> jelly              |
| <input type="checkbox"/> bottled water                 | <input type="checkbox"/> cereal                  | <input type="checkbox"/> peanut butter      |
| <input type="checkbox"/> bread                         | <input type="checkbox"/> crackers                | <input type="checkbox"/> shelf-stable milk  |
| <input type="checkbox"/> canned fruits                 | <input type="checkbox"/> granola bars            | <input type="checkbox"/> sugar or sweetener |
| <input type="checkbox"/> canned meats                  | <input type="checkbox"/> infant food and formula |   |

### ▶ Personal items

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> baby bottles             | <input type="checkbox"/> eyeglasses ( <i>extra pair</i> )  | <input type="checkbox"/> sewing kit            |
| <input type="checkbox"/> cash/coins               | <input type="checkbox"/> feminine hygiene products         | <input type="checkbox"/> shaving supplies      |
| <input type="checkbox"/> clothes ( <i>extra</i> ) | <input type="checkbox"/> hearing aid batteries             | <input type="checkbox"/> soap                  |
| <input type="checkbox"/> comb                     | <input type="checkbox"/> medications                       | <input type="checkbox"/> toothbrush/toothpaste |
| <input type="checkbox"/> denture care             | <input type="checkbox"/> paper towels                      | <input type="checkbox"/> vitamins              |
| <input type="checkbox"/> diapers                  | <input type="checkbox"/> saline solution/contact lens case | <input type="checkbox"/> wet wipes             |

### ▶ First aid supplies

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> anti-diarrhea medicine     | <input type="checkbox"/> ipecac syrup and activated                | <input type="checkbox"/> scissors                   |
| <input type="checkbox"/> aspirin/acetaminophen      | <input type="checkbox"/> charcoal ( <i>for accidental poison</i> ) | <input type="checkbox"/> sunscreen                  |
| <input type="checkbox"/> assorted adhesive bandages | <input type="checkbox"/> ointment ( <i>for cuts/insect bites</i> ) | <input type="checkbox"/> thermometer                |
| <input type="checkbox"/> compresses                 | <input type="checkbox"/> peroxide                                  | <input type="checkbox"/> tweezers                   |
| <input type="checkbox"/> cotton balls               | <input type="checkbox"/> Q-tips                                    | <input type="checkbox"/> two pairs of latex gloves  |
| <input type="checkbox"/> first aid tape             | <input type="checkbox"/> rolls of gauze /bandages                  | <input type="checkbox"/> water purification tablets |
| <input type="checkbox"/> insect repellent           | <input type="checkbox"/> rubbing alcohol                           |   |

### ▶ Other necessary items

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> ABC fire extinguisher                         | <input type="checkbox"/> GPS device   | <input type="checkbox"/> plastic wrap  |
| <input type="checkbox"/> all-purpose cleaner/disinfectant              | <input type="checkbox"/> hammer   | <input type="checkbox"/> pliers  |
| <input type="checkbox"/> aluminum foil                                 | <input type="checkbox"/> heavy work gloves  | <input type="checkbox"/> plywood   |
| <input type="checkbox"/> battery-powered lighting with extra batteries | <input type="checkbox"/> ice chest  | <input type="checkbox"/> safety pins, assorted   |
| <input type="checkbox"/> broom   | <input type="checkbox"/> large plastic food bags                                      | <input type="checkbox"/> screwdriver   |
| <input type="checkbox"/> bucket  | <input type="checkbox"/> light-weight, portable folding cots                          | <input type="checkbox"/> screws  |
| <input type="checkbox"/> bungee cords                                  | <input type="checkbox"/> manual can opener  | <input type="checkbox"/> sleeping bags or blankets   |
| <input type="checkbox"/> camera with batteries with film or video tape | <input type="checkbox"/> map or atlas   | <input type="checkbox"/> time-occupiers such as books, magazines, games, cards                           |
| <input type="checkbox"/> cash ( <i>bills and change</i> )              | <input type="checkbox"/> masking and/or reflective tape                               | <input type="checkbox"/> toilet paper  |
| <input type="checkbox"/> cellphone and car-charger                     | <input type="checkbox"/> mop  | <input type="checkbox"/> towels  |
| <input type="checkbox"/> chlorinated bleach                            | <input type="checkbox"/> nails  | <input type="checkbox"/> utility knife   |
| <input type="checkbox"/> crowbar                                       | <input type="checkbox"/> napkins or paper towels                                      | <input type="checkbox"/> vice grips  |
| <input type="checkbox"/> disposable dishware/utensils                  | <input type="checkbox"/> NOAA weather/AM/FM radio with an alarm feature and batteries | <input type="checkbox"/> wash cloths   |
| <input type="checkbox"/> dust masks                                    | <input type="checkbox"/> non-electric clock   | <input type="checkbox"/> waterproof, portable plastic container ( <i>with lid</i> ) for important papers |
| <input type="checkbox"/> Fix-a-Flat for punctured tires                | <input type="checkbox"/> pillows  | <input type="checkbox"/> whistle   |
| <input type="checkbox"/> flashlight with batteries                     | <input type="checkbox"/> plastic safety goggles                                       |  |
|  | <input type="checkbox"/> plastic sheeting   |  |

