

FAMILY EMERGENCY PREPAREDNESS

In the event of a citywide or regional emergency, households need to be prepared to be on their own for the first 72 hours. Neighborhoods need to be prepared for self-sufficiency, too. Volunteers will naturally be the first on-the-scene emergency responders in their own neighborhood, especially when firefighters and police are overwhelmed with requests for help and could be slowed down by impassable streets and other damage.

72-Hour Family Emergency Kit

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker or individual pack. The items under Emergency Needs are recommended for your kit.

Emergency Needs

- Battery Powered Radio
- First Aid Kit & Manual
- Sleeping Bags & Blankets (wool & thermal?)
- Manual Can Opener
- Waterproof/Windproof Matches
- Non-Perishable Foods
- Flashlight
- Water Storage (1 gal./day)
- Water purification tablets
- Utility Knife
- Emergency Candles
- Extra Eyeglasses/Contact Lenses
- Essential Medications
- Extra Clothing

Suggested non-perishable food items:

Use canned foods for easy storage and long shelf life. Choose ready-to-eat canned meat, fruits, and vegetables that your family likes. Keep food fresh by checking dates and replacing every year when necessary. Other recommended items are canned or dried juice mixes, powdered or canned milk, high-energy foods such as peanut butter and jelly, crackers, unsalted nuts and trail mix, cereals and rice. Make sure you include a manual can opener, cooking and eating utensils and basic food seasonings.

Sanitation Kit

- Plastic Bucket w/Tightly Fitted Lid
- Plastic Bags & Ties
- Disinfectant
- Improvised Toilet Seat
- Paper Cups & Plates
- Personal Toiletries
- Baby Supplies
- Aluminum Foil
- Paper Towels
- Personal Hygienic Needs
- Plastic Utensils
- Soap

Standard First Aid Kit

- First Aid Manual
- Aspirin or Pain Relievers
- Laxatives
- Rubbing Alcohol
- Diarrhea Medicine
- Petroleum Jelly
- Soap
- Salt
- Gauze
- Band-aids
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Baking Soda (1/2 tsp. soda + 1 tsp. salt + 1 qt. water for shock)
- Safety Pins
- Scissors
- Thermometer
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/ Splint/Padding)
- Micro-pore Adhesive, Paper Tape
- Matches
- Needles
- Tweezers
- Small Splints, Popsicle Sticks
- Heavy String
- Syrup of Ipecac
- Individual Medical Needs

Other Emergency Needs

- Pen & Paper
- Money (cash)
- Address & Phone Numbers
- Work Gloves
- Basic Tools

Car Survival Kit

- Always Maintain at Least 1/2 Tank of Gas
- First Aid Kit & Manual
- Class ABC Fire Extinguisher
- Radio & Batteries
- Non-Perishable Food Stored in Coffee Can
- Bottled Water
- Bag of Sand, Shovel & Tools
- Short Rubber Hose for Siphoning
- Blankets or Sleeping Bags
- Flashlights & Batteries
- Reflectors & Flares
- Waterproof Matches & Candles
- Jumper Cables
- Sundry Kit, Paper & Pencil, Map, Tissues, Pre-moistened Towels, Plastic Bags, Essential Medications

Make Copies of All Legal Papers

- Marriage License
- Jewelry Appraisals

- House Mortgage
- Vacation Home / Property Ownership
- Automotive Ownership
- Motor Home Ownership
- Wills
- Drivers Licenses
- Trailers, Snowmobiles, Boat Ownerships
- Insurance Policies
- Bank Accounts
- Large capacity self-feeder and water dispenser
- Extra medications

Storing Emergency Supplies

1. Choose a location, such as under a bed or in a closet or "safety corner" in the garage, where it is cool and dark.
2. When Assembling Emergency Supplies for the Household, Include Items for Pets
3. Layer supplies in the following order from top to bottom:

- First Aid Kit
- Water, milk and canned foods
- Blanket
- Miscellaneous items
- Extra food
- Kitty litter

Keep them together in a container such as a plastic garbage can. Check them every six months for food expiration dates. Also, make sure that you replace any packages in your first aid kit that contain liquid, such as antiseptic, ointment, etc. at least once a year.

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. You should store at least a three-day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking and washing.

Learn how to remove the water from your hot water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining off water for emergency use.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to purify the water by:

- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil 2 pot water & collect the vapor by tying a cup to the upside down pot lid - *the cup shouldn't dangle in the water*--it will condense back to water in the cup)
- Rainwater
- Streams, rivers & other moving bodies of water
- Ponds & lakes

- Natural Springs

Establish an Out-Of-State 24-Hour Telephone Contact

Calls out will not overload phone lines as will calls coming into a disaster area.

1. All relatives should be informed now on procedures to call the phone contact, not after a disaster has occurred. Individual location and status should be requested.
2. Take color pictures of every room plus pictures of valuables. Send one copy of legal papers and one copy of pictures to an out-of-state contact.

Plan How Your Family Will Stay in Contact if Separated by Disaster

Pick two meeting places:

1. A location a safe distance from your home in case of fire
2. A place outside your neighborhood in case you can't return home

Other Considerations

- Stock supplies to last several days to a week for each family member.
- Be prepared to relocate to a shelter during a prolonged power outage.
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- Work with your family in talking about the steps each needs to take to be ready if disaster happens.

Get Your Neighbors Involved

Plan how the neighborhood could work together after a disaster. Know you neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Preparedness is everyone's job. Not just government agencies but all sectors of society including service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen should plan ahead for disaster. During the first few hours or days following a disaster, essential services may not be available. People must be ready to act on their own.