

Your Family Disaster Supplies Kit

The Pacific County Emergency Management Agency (PCEMA) believes that it is imperative that Pacific County residents understand that, as a rural county, they must be prepared to care for themselves, their family, and pets for a period of 7 days.

Further, PCEMA urges residents, as they personally prepare for the potential of a disaster, to prepare a supply kit that they can hand carry to neighborhood locations they have identified as high ground. PCEMA recommends that residents plan within neighborhoods and, if planning to shelter at a neighbor's residence, take supplies in a back pack or clean rolling garbage can (to be used later as a water collection device).

SUPPLIES - There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Gather the supplies that are listed. Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed below with an asterisk (*).

Water - Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)*

Keep at least a three-day supply of water for each person in your household.

Fill all available containers with water when you are notified of a potential event – including your bathtub!

Food - Store at least a seven-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

*Include a selection of the following foods in your Disaster Supplies Kit:

Ready-to-eat canned meats, fruits and vegetables

Canned juices, milk, soup (if powdered, store extra water)

Staples--sugar, salt, pepper

High energy foods--peanut butter, jelly, crackers, granola bars, trail mix

Vitamins

Foods for infants, elderly persons or persons on special diets

Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit - Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

Asst'd sterile adhesive bandages

2" sterile gauze pads (4-6)

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Hypoallergenic adhesive tape

Triangular bandages (3)

2" sterile roller bandages (3 rolls)

3" sterile roll bandages (3 rolls)

Scissors

Tweezers

Needle

Moistened towelettes

Antiseptic

Thermometer

Tongue blades (2)

Petroleum jelly or other lubricant

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pair)

Sunscreen

Basic 1st aid manual

Non-prescription drugs

Aspirin or non-aspirin pain reliever
Anti-diarrhea medication
Antacid (for stomach upset)
Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
Laxative
Activated charcoal (use if advised by the Poison Control Center)

Tools and Supplies

Mess kit (can be paper or plastic)*	Aluminum foil
Emergency preparedness manual*	Plastic storage containers
Battery-operated radio	Signal flare
Flashlight	Paper, pencil
Cash or traveler's checks, change*	Needles, thread
Non-electric can opener	Medicine dropper
Utility knife*	Gas/water shut-off wrench
Fire extinguisher: small ABC type	Whistle
Tube tent	Plastic sheeting
Pliers	Map of the area
Tape	Extra batteries
Compass	
Matches in a waterproof container	

Sanitation

Toilet paper, towelettes*	Plastic garbage bags, ties
Soap, liquid detergent*	Plastic bucket with tight lid
Feminine supplies*	Disinfectant
Personal hygiene items*	Household chlorine bleach

Clothing and Bedding

*Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots*
Hat and gloves
Rain gear*
Thermal underwear
Blankets or sleeping bags*
Sunglasses

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby* : Formula, diapers, bottles, powdered milk, medications

For Adults* : Heart and high blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies, extra eye glasses, games and books.

Important Family Documents: *Keep these records in a waterproof, portable container.*
Will, insurance policies, contracts, deeds, stocks and bonds, passports, social security cards, immunization records, bank account numbers, credit card account numbers and companies, Inventory of valuable household goods, important telephone numbers, Family records (birth, marriage, death certificates)

SUGGESTIONS AND REMINDERS

Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car. Keep items in air-tight plastic bags. Change your stored water supply every six months so it stays fresh. Rotate your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc. Ask your physician or pharmacist about storing prescription medications.

Create A Family Disaster Plan

To get started...

Meet with your family. Discuss the types of disasters that could occur. Explain how to prepare and respond. Discuss what to do if advised to evacuate. Practice what you have discussed.

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.

Choose an out-of-state friend as a "check-in contact" for everyone to call.

Complete these steps.

1. Post emergency telephone numbers by every phone.
2. Show responsible family members how and when to shut off water, gas and electricity at main switches.
3. Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year.
4. Contact your local fire department to learn about home fire hazards.
5. Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.

Meet with your neighbors. Plan how the neighborhood could work together after a disaster. Know your 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.

Remember to practice and maintain your plan.