

Be Red Cross Ready



Get a kit. Make a plan. Be informed.

It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...Get a kit. Make a plan. Be informed.

Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in CPR/AED use.
- I have taken action to help my community prepare.



Get a kit

At a minimum, have the basic supplies listed below.

Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Current digital photos of loved ones, updated every six months, especially for children
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags
- Sunscreen
- Insect Repellent



Make a plan

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military or engages in extended business travel on a regular basis, plan how you would respond if they were away.
- If you or a member of your household is an individual with access or functional needs, including a disability, consider developing a comprehensive evacuation plan in advance with family, care providers and care attendants, as appropriate. Complete a personal assessment of functional abilities and possible needs during and after an emergency or disaster situation, and create a personal support network to assist.

Plan what to do in case you are separated during an emergency

- Choose two places to meet—
 1. Right outside your home in case of a sudden emergency, such as a fire.
 2. Outside your neighborhood, in case you cannot return home or are asked to evacuate.

Consider any transportation challenges that might be encountered by individuals that use mobility assistive equipment.

- Choose an out-of-area emergency contact person. It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should memorize emergency contact information and have it in writing or programmed into their cell phones.
- Identify alternative ways to communicate (email, text, call, mail, through a third party, etc).

Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there. You may choose to go to a hotel or motel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.



Download the [Red Cross Emergency App](#) or, go to [redcross.org](#) and search emergency app.

This app provides expert advice on how to prepare and respond to disasters and includes a map with open Red Cross shelters.

- Have at least one alternate location if the preferred location is not accessible.
- Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable. Ensure all household/family members know the evacuation route, alternate routes, primary and alternate meeting destination.
- Plan ahead for your pets. Keep a phone list of “pet friendly” motels/hotels and animal shelters that are along your evacuation routes.





Be Informed

Learn what disasters or emergencies may occur in your area.

These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community, like an earthquake or flood.

- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Know the difference between different weather alerts such as “watches” and “warnings” and what actions to take in each.
- Know what actions to take to protect yourself during disasters that may occur in areas where you travel or have moved recently. For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.
- When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations.
- Share what you have learned with your family, household and neighbors and encourage them to be informed too.

Emergency Contact Cards for All Household Members

Emergency Contact Card	 <small>American Red Cross</small>	People to Call or Text in an Emergency	 <small>American Red Cross</small>
Name: _____		_____	
Phone: _____		_____	
Home Address: _____		_____	
_____		_____	

Get your cards online [here](#) or, go to [redcross.org](#) and search emergency contact.

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Ensure contacts for relatives include familiar names (grandma, aunt, etc.) as well as actual names when making cards for children.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or other emergency.

Let Your Family Know You're Safe

Tell your loved ones about the [American Red Cross Safe and Well Website](#) or access through [redcross.org](#) by searching safe and well. This internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as “safe and well” and concerned family and friends who know the person’s phone number or address can search for messages posted by those who self-register. If you don’t have internet access, call **1-800-RED CROSS** to register yourself and your family.

BUILD A KIT • MAKE A PLAN • BE INFORMED

Build a Kit

Visit the Red Cross online store at www.redcrossstore.org to purchase a disaster preparedness kit. Recommended items can also be found at grocery, camping, and hardware stores. Consider the needs of all family members and add supplies to your kit as needed. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. Remember to plan for your pet's needs.

Make a Plan

Get the people you live with involved in preparedness efforts. When major disruptions such as an earthquake happen, local phone lines will be overwhelmed. Calling long distance is much more effective. Establish an out-of-area contact who can relay messages between you and your loved ones. Share your out-of-area contact number with your family members so they know who to call. Learn how to turn off gas and electric power at your home. Establish a meeting spot outside your home in case of evacuation. Have a primary and a secondary escape route out of each room. Practice fire and earthquake drills with your family twice a year.

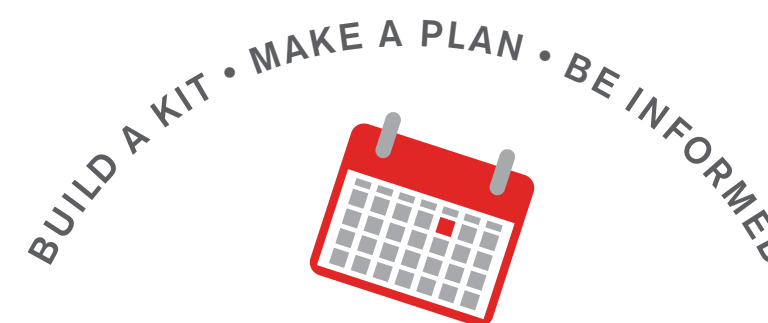
Be Informed

Get trained in First Aid & CPR. Save a life. Visit www.redcross.org to register for a class. Schedule a disaster preparedness education presentation for your community group, faith group, school or work place. Call the number listed below or visit safeinthesound.org. Participate in a Community Emergency Response Team (CERT Team).

Visit www.citizencorps.gov/cert/ for trainings and find a CERT team near you.



American Red Cross



DISASTER PREPAREDNESS CALENDAR



Download free disaster preparedness apps available for iPhone and Android users.

Search "**American Red Cross**" at the Apple App or Google Play Stores for:

- Earthquake App
- Hurricane App
- First Aid App
- Shelter Finder App



PUGET SOUND ENERGY

The Energy To Do Great Things



American Red Cross

Safe in the Sound

For more information about disaster preparedness, visit us online at:

safeinthesound.org

Click on "Contact Us" to find your closest Red Cross Chapter.

King, Kitsap & North Mason Counties Chapter:

Seattle 206-323-2345 / Bremerton 360-377-3761

Snohomish County Chapter: 425-252-4103

Mt. Baker Chapter: 360-733-3290

Mount Rainier Chapter: 253-474-0400

Olympic Peninsula Chapter: 360-457-7933

The Islands Chapter: 360-293-2911

Your Disaster Preparedness Calendar is designed to guide you through the process of building a disaster supplies kit and developing a home disaster plan over a six month time frame. The calendar guides you through a weekly progression of preparedness actions. As you progress, check off the preparedness steps you've taken. If you live with other people, get them involved. Once you get started, it gets easier knowing you are taking steps towards protecting your wellbeing.

You can do this. Start today.

The Red Cross recommends having a seven to fourteen day emergency supply of water and non perishable food. How much water? One gallon per person per day for drinking, cooking and hygiene. If you live in a remote area or an island, plan for a fourteen day supply of food and water. Having a disaster plan and supply kit will increase your ability to help others during times of regional disruption.

The following check list is designed to build a fourteen day supply kit for one person. Adjust quantities based on the number of people in your household.

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
GROCERY Store <input type="checkbox"/> 2 gallons water * <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 3 cans meat * <input type="checkbox"/> 1 hand-operated can opener <input type="checkbox"/> Permanent marking pen Additional: pet food, diapers, baby food Action Steps: <input type="checkbox"/> Date perishable items with marker <input type="checkbox"/> Decide upon & notify out-of-area contact who can coordinate information for scattered family members	HARDWARE Store <input type="checkbox"/> Disaster Kit from American Red Cross OR <input type="checkbox"/> Heavy cotton or hemp rope <input type="checkbox"/> Duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> Matches in waterproof container for outside use ONLY with appropriate camp stove or BBQ Action Steps: <input type="checkbox"/> Sign up for First Aid/ CPR class at local American Red Cross Additional: leash or carrier for your pet, extra set of I.D. tags.	GROCERY Store <input type="checkbox"/> 2 gallons water <input type="checkbox"/> 2 cans meat * <input type="checkbox"/> 2 cans fruit * <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Paper & pen <input type="checkbox"/> Local map <input type="checkbox"/> Pain reliever <input type="checkbox"/> Laxative Additional: 1 gallon water for each pet Action Steps: <input type="checkbox"/> Find out about what kinds of disasters can happen in your area <input type="checkbox"/> Encourage neighbors to develop their own plans	HARDWARE Store or AMERICAN RED CROSS <input type="checkbox"/> Compass <input type="checkbox"/> Medicines / prescriptions "for emergency use", contact-lens supplies Action Steps: <input type="checkbox"/> Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency	GROCERY Store <input type="checkbox"/> 2 gallons water* <input type="checkbox"/> 2 cans fruit* <input type="checkbox"/> 2 cans vegetables* <input type="checkbox"/> 2 cans meat* <input type="checkbox"/> 3 rolls toilet paper <input type="checkbox"/> Extra toothbrush <input type="checkbox"/> Travel-size toothpaste Additional: Special foods for special dietary needs Action Steps: <input type="checkbox"/> Identify escape routes from house for all family members <input type="checkbox"/> Identify safe places to go in case of fire, flood, earthquake, or other local disasters <input type="checkbox"/> Practice a drill for each of your plans	HARDWARE Store <input type="checkbox"/> American Red Cross First Aid kit which includes sterile adhesive bandages in assorted sizes, adhesive tape, gauze pads, sterile roller bandages, latex gloves <input type="checkbox"/> Safety pins <input type="checkbox"/> Sunscreen Action Step: <input type="checkbox"/> Identify storage area for your supplies such as closet along an inside retaining wall, or several heavy-duty, watertight plastic garbage cans that can be stored outside . If using outside storage—ensure container is weather and animal proof.
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
GROCERY Store <input type="checkbox"/> 3 cans ready-to-eat soup (not concentrated)* <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> Sewing kit <input type="checkbox"/> Disinfectant Additional: Extra baby supplies (bottles, formula, diapers) Action Steps: Place a pair of sturdy shoes, flashlight, whistle and work gloves in a plastic grocery bag and tie the bag to your bed frame	FIRST AID SUPPLIES <input type="checkbox"/> Scissors <input type="checkbox"/> Tweezers <input type="checkbox"/> Thermometer <input type="checkbox"/> Liquid antibacterial hand soap <input type="checkbox"/> Disposable hand wipes <input type="checkbox"/> Sewing needles <input type="checkbox"/> Petroleum jelly or other lubricating cream <input type="checkbox"/> 2 tongue blades <input type="checkbox"/> (Check your American Red Cross First Aid Kit before shopping to avoid duplication) Additional: Put extra eyeglasses in First aid kit	GROCERY Store <input type="checkbox"/> 3 cans ready-to-eat-soup* <input type="checkbox"/> Liquid dish soap <input type="checkbox"/> Household chlorine bleach with medicine dropper for water treatment <input type="checkbox"/> 1 box heavy-duty garbage bags with ties <input type="checkbox"/> Antacid (upset stomach) Action Steps: Test smoke detectors and replace batteries	HARDWARE Store <input type="checkbox"/> Waterproof portable container for important papers <input type="checkbox"/> AM/ FM Radio <input type="checkbox"/> Wrench to turn off utilities Action Steps: <input type="checkbox"/> Make sure everyone in the house knows where to find gas and water meter shut-off valves and how to turn them off <input type="checkbox"/> Attach a wrench near each shutoff valve so it is there when needed	GROCERY Store <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> 1 box high-energy snacks <input type="checkbox"/> 3 rolls paper towels Additional: Keep extra battery for cell phone or change for pay phone usage in disaster supplies Action Steps: <input type="checkbox"/> Locate pay phones closest to your home	GROCERY or PET CARE Store <input type="checkbox"/> Litter and box <input type="checkbox"/> Extra water <input type="checkbox"/> Pet First Aid Kit Additional: Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit. Keep emergency supply of any special pet medication needs Action Steps: <input type="checkbox"/> Photocopy important documents and store in ziploc bag: drivers license, medical prescription, insurance info, will, etc...

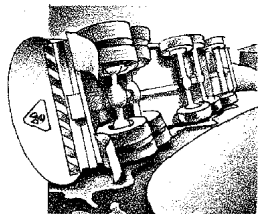
*One per person

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Action Steps <input type="checkbox"/> Add to emergency supplies a change of clothing and pair of shoes for each person in the family <input type="checkbox"/> Put together a selection of favorite and most used spices—salt, pepper, sugar—in small packets <input type="checkbox"/> Put aside utensils, cup, plate, and bowl for each person <input type="checkbox"/> Check to be sure all perishables have been dated	Check your American Red Cross Disaster Kit OR Buy <input type="checkbox"/> Whistle <input type="checkbox"/> Extra batteries for flashlights and radio <input type="checkbox"/> Pry Bar Action Steps: <input type="checkbox"/> Check with your children's day care center or school about disaster plans and contacts	HARDWARE Store <input type="checkbox"/> Pliers <input type="checkbox"/> Screwdriver <input type="checkbox"/> Hammer <input type="checkbox"/> Strapping and fasteners for water heater, bookcases and computer (see American Red Cross for Quakehold supplies) Action Steps: <input type="checkbox"/> Secure bookcases, water heater, computer, kitchen cabinets or heavy items that could fall in an earthquake	GROCERY Store <input type="checkbox"/> 3 cans fruit* <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 2 Gallons water* Action Steps: <input type="checkbox"/> Develop a disaster supply kit for your vehicles or purchase a ready-made kit from the American Red Cross <input type="checkbox"/> Find out if you have a neighborhood safety group and become involved	HARDWARE Store <input type="checkbox"/> "Child-proof" latches or fasteners for cupboards <input type="checkbox"/> Quakehold museum putty from American Red Cross to secure movable items on shelves Action Steps: <input type="checkbox"/> Secure doors and movable items	GROCERY Store <input type="checkbox"/> 1 box graham - crackers <input type="checkbox"/> Assorted plastic containers with lids <input type="checkbox"/> Dry cereal Action Steps: <input type="checkbox"/> Arrange for someone to help your children if you are unavailable or at work Additional: Special equipment such as hearing aid batteries
WEEK 7	WEEK 8	WEEK 9	WEEK 10	WEEK 11	WEEK 12
FIRST AID SUPPLIES <input type="checkbox"/> Rubbing alcohol <input type="checkbox"/> Antidiarrheal medication <input type="checkbox"/> Antiseptic Action Steps: <input type="checkbox"/> Procure sleeping bag or blanket for each family member	GROCERY Store <input type="checkbox"/> 3 cans meat* <input type="checkbox"/> 3 cans vegetables* <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> Dried fruits/nuts <input type="checkbox"/> 2 Gallons water* Action Steps: <input type="checkbox"/> Assemble an activity box of cards, games, toy	HARDWARE Store <input type="checkbox"/> Plastic bucket with tight lid for toileting needs <input type="checkbox"/> Plastic sheeting Additional: Denture care supplies Action Steps: <input type="checkbox"/> Review insurance coverage with your agent to be sure you are covered for whatever events are possible in your area	GROCERY Store <input type="checkbox"/> 2 boxes quick energy snacks <input type="checkbox"/> Comfort foods (candy bars, cookies, etc.) <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil Action Steps: <input type="checkbox"/> Purchase and install emergency escape ladder for upper floors (available from American Red Cross)	HARDWARE Store Check your American Red Cross Disaster kit OR Buy <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Work gloves <input type="checkbox"/> Safety goggles <input type="checkbox"/> Disposable dust mask* Action Steps: <input type="checkbox"/> Photograph or videotape the contents of your home and send to an out of town friend to store	Congratulations Ongoing Action Steps: <input type="checkbox"/> When you change your clocks for day light savings, take the opportunity to revisit your disaster preparedness plan. <input type="checkbox"/> Check expiration dates on your food supply, replenish as needed <input type="checkbox"/> Refill water supply <input type="checkbox"/> Test smoke alarms and change batteries once a year <input type="checkbox"/> Practice fire and earthquake drills

*One per person

Your Family Disaster Supplies Kit

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

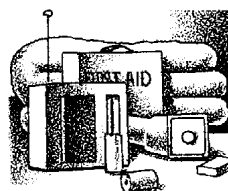


A highway spill of hazardous material could mean instant evacuation.

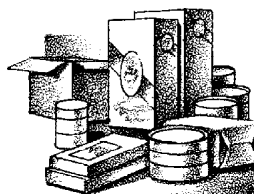


A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services—gas, water, electricity and telephones—for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?



Your family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



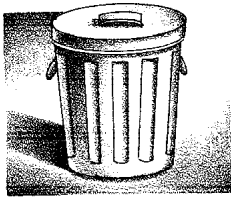
To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

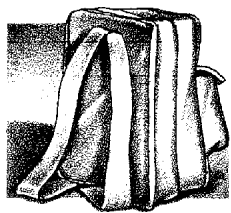


SUPPLIES

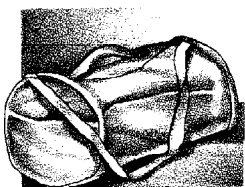
T here are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container—suggested items are marked with an asterisk (*). Possible containers include



a large, covered trash container,



camping backpack,



or a duffle bag.

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.



Food

Store at least a three-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:

- Sterile adhesive bandages in assorted sizes
 - 2-inch sterile gauze pads (4-6)
 - 4-inch sterile gauze pads (4-6)
 - Hypoallergenic adhesive tape
 - Triangular bandages (3)
 - 2-inch sterile roller bandages (3 rolls)
 - 3-inch sterile roller bandages (3 rolls)
 - Scissors
 - Tweezers
 - Needle
 - Moistened towelettes
 - Antiseptic
 - Thermometer
 - Tongue blades (2)
 - Tube of petroleum jelly or other lubricant
 - Assorted sizes of safety pins
 - Cleansing agent/soap
 - Latex gloves (2 pair)
 - Sunscreen
- Non-prescription drugs
- Aspirin or nonaspirin 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)

Contact your local American Red Cross chapter to obtain a basic first aid manual.

Tools and Supplies

- | | |
|---|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils* | <input type="checkbox"/> Needles, thread |
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Battery operated radio and extra batteries* | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Flashlight and extra batteries* | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Cash or traveler's checks, change* | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Non-electric can opener, utility knife* | <input type="checkbox"/> Map of the area (for locating shelters) |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type | |
| <input type="checkbox"/> Tube tent | Sanitation |
| <input type="checkbox"/> Pliers | <input type="checkbox"/> Toilet paper, towelettes* |
| <input type="checkbox"/> Tape | <input type="checkbox"/> Soap, liquid detergent* |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Feminine supplies* |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Personal hygiene items* |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Plastic bucket with tight lid |
| <input type="checkbox"/> Signal flare | <input type="checkbox"/> Disinfectant |
| <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Household chlorine bleach |

Clothing and Bedding

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

- | | |
|--|--|
| <input type="checkbox"/> Sturdy shoes or work boots* | <input type="checkbox"/> Hat and gloves |
| <input type="checkbox"/> Rain gear* | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Blankets or sleeping bags* | <input type="checkbox"/> 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

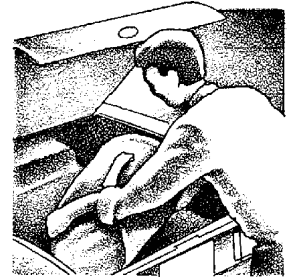
- Entertainment** - games and books

- 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...

Contact your local emergency management or civil defense office and your local American Red Cross chapter.

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned
- Find out how to prepare for each.

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.

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.

- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year.
- Contact your local fire department to learn about home fire hazards.
- 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 neighbor's 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.



The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on the World Wide Web at:

FEMA's Web site: <http://www.fema.gov>

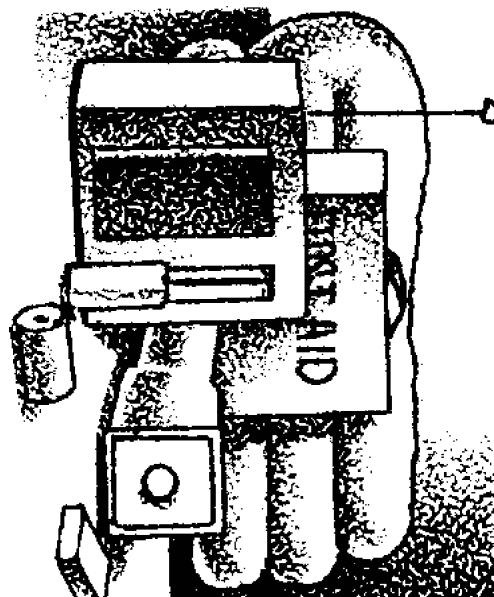
American Red Cross Web site: <http://www.redcross.org>

Local sponsorship provided by:

FEMA L- 189
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Family Disaster Supplies Kit

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