

When disaster strikes The time for preparation is over!

You could be on your own for days prior to receiving assistance.

HOW DO I PREPARE?

- ✓ Store food, water and supplies.
- ✓ Prepare emergency kits (short & long term at home & in cars).
- ✓ Prepare a communications plan.
- ✓ Gather important documents.
- ✓ Educate yourself and family.

WHAT SHOULD I STORE

Store what you are used to eating.
Store a variety of foods.
Store foods that are readily available.
Store foods with balanced nutrition.

Natural disasters such as floods or earthquakes may pollute or disrupt water supplies.
Water is more essential than food in sustaining life! It is wise to have an emergency storage of at least 14 gallons of water per person. (1 gallon a day, per person)

USING WATER THAT IS NOT PURE

Household bleach (5% Sodium Hypochlorite)

Do not use scented, color safe, or bleaches with added cleaners.

IF WATER IS CLEAR 8 drops per gallon or ½ teaspoon per gallon

IF WATER IS CLOUDY 16 drops per gallon or 1 teaspoon per gallon

Let stand for 30 minutes before use. Water taste can be improved by pouring it back and forth several times between two containers.

Pack lightweight and convenient foods that contain lots of energy and protein in small servings. Choose foods for an evacuation kit that require no refrigeration, preparation, or cooking.

During times of stress you need comfort food.

- *Besides providing nourishment, the eating of “meals” during an emergency has a positive psychological effect.*
- *Eating a meal will reduce the stress level of your children as well as yourself.*

Foods such as hard candy, chocolate, energy bars, and sugared dried cereal are known as stress foods.

In stressful situations people require an increased caloric intake to meet the extraordinary demands for energy. **Stress foods meet the requirements for survival, not for a balanced diet.** They also help boost morale.

Rotate stored food & water supply every six months.

Adequate toilet facilities are especially important during an unsettled shelter situation because stress, a change of diet, lack of privacy, and loss of security accumulate to upset the digestive system. Until portable toilets can be secured make sure you have proper sanitation available, including moist towelettes and TP.

Personal hygiene is more than a bar of soap. If during an evacuation you are exposed to mud, sewage, and other forms of pollution it is necessary to be able to get clean as soon as possible. Of course you can survive without a daily bath, but **sores and irritation form rapidly without proper hygiene.** Proper hygiene will prevent the spread of disease and irritation.

Have a plan to keep in touch with your loved ones.

Use energy sparingly and have efficient flashlights & radio with extra batteries, light sticks and candles.

Include in your plan a sufficient amount of cash to get you through the emergency period. You'll need cash to purchase food, gas and other emergency supplies. Store emergency cash in SMALL bills – ones, fives and tens are best. Remember, ***if all you have are \$20 bills, EVERYTHING you purchase will most likely cost you \$20.***

Copies of IMPORTANT DOCUMENTS (in secure & waterproof container)

- Social Security cards
- Birth Certificates
- Marriage and Death records
- Drivers' licenses
- Credit cards
- Finance & Insurance documents
- Recent Income Tax Returns
- Paycheck stubs
- Deeds
- Stocks & Bonds
- Wills / Living Trust
- Recent photos for I.D. purposes *(include on back – name, date of birth, height, weight, address, phone number, and medications)*
- Check Book
- Computer Information – backup on Memory Card or Thumb Drive
- List of medications taken by each family member and doctor information.

Have a current supply of all medications and prescriptions that you are taking.

Be sure to rotate them.

Pets or animals?

Be sure to have food, leashes, and evacuation plans in place for you pets & animals.

Keep the tanks on your vehicles full of gas for emergency evacuations.

REVIEW your disaster preparedness plan and re-think your kit and family needs **at least once a year.** Replace batteries, update clothes, and etc.