

## Building Your Kit

People often become overwhelmed at the thought of trying to put together a disaster plan and kit. It may seem like it is too much work or will cost too much money.

These “rules” will minimize the stress and increase your preparedness.

1. Don't try to do it all at once. Add one or two items to your kit each pay period or each time you go to the store.
2. Use items you have on hand. Older clothing, eyeglasses or blankets can be used in the disaster kit. Reorganize and consolidate items that you will want to use in your disaster kit.
3. Look for items on sale. Check thrift stores for “gently used” tools and gear.
4. Review your kit at least once per year. Make sure food and medications are still good.



## Who depends on YOU?

- Make a plan.
- Build a kit.
- Get involved.



## Are YOU prepared for a disaster?

### Reminders

- Take responsibility for your own well-being by planning ahead.
- Keep an updated emergency contact list, which includes:
  - Your personal support network and
  - Out-of-town family or friends.
- Make sure your disaster supply kit(s) and medical supplies are packed and ready to go at a moment's notice.
- Periodically review your plan. Make sure contact information is current.
- Practice your plan.
- Rotate your supplies.



## Who depends on YOU?



## Preparing Children for Emergencies

Your efforts now can help your child stay safe later.

## Prepare *Before* Disaster Strikes

- Disasters are to everyone involved and may be especially traumatic for children.
- Start with the basics:
  - Learn what emergencies may affect your area: fires, floods, storms, earthquakes, etc.
  - Create an emergency supply kit. (See the list in this brochure, or go to [www.ready.gov](http://www.ready.gov).)
  - Develop an emergency plan.
  - Make preparedness a part of *normal life*.
- Find out about your school's or day-care's plans.
- Take First Aid and CPR courses and keep the manuals handy.

## Talk With Your Child

- Share age-appropriate information. Keep it simple.
  - Younger children need simple explanations. You may need to repeat information until they understand it.
  - Older children may be curious and ask questions. Be honest, but avoid focusing on scary details.
- Be reassuring and positive.
  - Talk about how you have prepared for emergencies.
  - Tell the children that firefighters and other emergency personnel are trained to help.



## Emergency Supply List

- Water supply: 1 gallon of water, per person, per day. Store in sealed, unbreakable containers. Mark with the storage date and replace every six months.
- Supply of non-perishable packaged or canned food and a manual can opener. Don't forget "comfort foods."
- Change of clothing, rain gear and sturdy shoes. (Extra clothing for young children.)
- Blankets or sleeping bags.
- First aid kit and book.
- Prescription drugs.
- Extra pair of glasses.
- Battery powered radio and flashlight. Plenty of extra batteries.
- Credit cards and cash (small bills and change).
- Contact information for family doctors.
- Baby supplies: formula, bottles, pacifiers, diapers, wipes, foods and juices.
- Supplies for pets: food, water, litter/box, medications, shot records, recent photo, blankets, and a restraint (leash or carrier).
- Sanitary Supplies:
  - Large plastic trash bags for wastes and protection.
  - Bar soap.
  - Detergent.
  - Shampoo.
  - Toothpaste and toothbrushes.
  - Feminine hygiene supplies.
  - Toilet paper.
  - Household bleach (unscented).
  - Newspaper and garbage bags to wrap and contain garbage and waste.
- Fire extinguisher.



## For the Children

- Keep immunizations up to date. Have a copy of their immunization records.
- Books, puzzles and games.
- Special toy or blanket.
- Pictures of family and/or pets.

## Emergency Plans

- Make sure your child knows:
  - 2 escape routes from each room in the house.
  - A meeting place close to the home.
  - A meeting place outside the neighborhood if going home is not possible.
- Make an emergency communication card for your child to carry. Include the names and phone numbers of:
  - Parents/caregivers.
  - Your family's out-of-town emergency contact(s).
- Help your child memorize his or her full name, address and telephone number.
- Teach your child how and when to call 9-1-1.
- Practice your emergency plan regularly.

## If a Disaster Occurs

- Stay tuned to your local news media for disaster coverage and the safest evacuation routes.
- Be prepared to evacuate when advised by local authorities. Have your disaster kit prepared now. Waiting until an evacuation is ordered to start planning will delay your safe evacuation and possibly expose you to traffic tie-ups

