

TIP SHEET: DISASTER SUPPLIES KIT

Preparing for a disaster like a hurricane, flood or tornado, can help families handle and better cope with a disaster when it occurs. One way to prepare for a disaster is to assemble a Disaster Supplies Kit. If you gather supplies in advance, your family can endure an evacuation or home confinement better. Listed below are some items to have in your Disaster Supplies Kit:

Water: Store one gallon of water per person per day. Keep at least a three-day supply for each person.

Food: Store at least a three-day supply of non-perishable food.

First Aid Kit: Assemble a first aid kit for your home and one for each car. Contact your local American Red Cross chapter to obtain a basic first aid manual. A first aid kit should include:

- ✓ Sterile bandages in assorted sizes
- ✓ Gauze pads and adhesive tape
- ✓ Triangular and roller bandages
- ✓ Scissors, tweezers, needle, safety pins
- ✓ Cleansing agent/soap
- ✓ Moistened towelettes
- ✓ Antiseptic
- ✓ Thermometer
- ✓ Latex gloves (2 pair)
- ✓ Sunscreen
- ✓ Non-prescription drugs (pain relievers)
- ✓ Anti-diarrhea medication
- ✓ Antacid (for upset stomach)
- ✓ Laxative

Tools and Supplies:

- ✓ Paper cups, plates, plastic utensils
- ✓ Battery-operated radio, extra batteries
- ✓ Flashlight, extra batteries
- ✓ Non-electric can opener, utility knife
- ✓ Tape
- ✓ Matches in a waterproof container
- ✓ Aluminum foil
- ✓ Plastic storage containers
- ✓ Signal flare
- ✓ Shut-off wrench, pliers
- ✓ Whistle
- ✓ Plastic sheeting

Sanitation:

- ✓ Toilet paper, towelettes
- ✓ Soap, liquid detergent, chlorine bleach
- ✓ Personal hygiene items
- ✓ Plastic garbage bags, ties
- ✓ Plastic bucket with tight lid
- ✓ Disinfectant

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Clothing and Bedding: Include at least one complete change of clothing and footwear per person. Be sure to include sturdy shoes or work boots, blankets or sleeping bags, rain gear and sunglasses.

Special Items: Remember family members with special needs, such as infants and elderly or disabled persons. Items like diapers, formula and any prescription medications should be included.

Remember to store your kit in a convenient place and keep items in air-tight plastic bags. Replace batteries, update clothes, etc. periodically. Ask your physician or pharmacist about storing prescription medications.

For more information, please contact your local or State Office of Emergency Management, and your local American Red Cross chapter. Ask for "*Your Family Disaster Plan*" and the "*Emergency Preparedness Checklist*".