

Disaster Supplies Kit

Earthquakes, floods, and other disasters can seriously disrupt normal life. Services may not be available, transportation may be cut off and roads may be blocked. In some cases, you may be forced to evacuate. Be ready to respond to any situation by assembling and maintaining a Disaster Supplies Kit.

Water

Plan on one gallon of water per person per day.

Store water in plastic containers such as soft drink bottles.

Avoid using containers that will decompose or break, such as mason jars or glass bottles.

Use water for health.

Because water is so important to human survival, it should never be withheld.

Drink at least two quarts per day, as long as supplies last, and look for alternative sources.

Food

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

Choose foods that require no refrigeration, cooking, or preparation and are compact and lightweight. If food must be cooked, include a can of sterno.

Food Suggestions:

- ❖ 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, cracker, nuts, health food bars, trail mix
- ❖ Comfort stress foods-cookies, hard candy, sweetened cereals.
- ❖ Vitamins
- ❖ Container
- ❖ Store the supplies in an easy-to-carry object such as a large, covered trash container, camping backpack, or a duffel bag.

Have two first aid kits.

Keep a complete first aid kit in your home and car.

Items to include:

- ❖ Sterile adhesive bandages in assorted sizes
- ❖ 2-inch sterile gauze pads (4-6)
- ❖ 4-inch gauze pads
- ❖ Hypoallergenic adhesive tape
- ❖ Triangular bandages (3)