

EMERGENCY KIT

Disaster can strike quickly and sometimes without warning. When it does strike, you may not have time to respond. A highway spill of hazardous material could mean instant evacuation. A winter storm could confine your family at home. A flood, tornado or any other disaster could cut off basic services – gas, water, electricity and telephone - for days.

After a disaster, emergency responders 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.

Preparing Your Kit

- Store your emergency kit in one location that is easily accessible in case evacuation is required. Ensure all family members know where the kit is stored.
- Gather supplies from the following checklist.
- Place supplies you'd most likely need for an evacuation in easy-to-carry container, such as plastic tub, duffle bag or foot locker.

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 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.
- Change your stored water supply every six months so it stays fresh.

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 Supply Kit:

- Ready-to-eat canned meats, fruits and vegetables.

- Canned juices, milk, soup (if powdered, store extra water).
- Staples – sugar, salt and 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, instant coffee and tea bags.

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- 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.
- 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 (to induce vomiting if advised by the poison control center).
- Laxative
- Activated charcoal (use if advised by the poison control center).

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils.

- Sioux Falls Emergency Preparedness Guide (see www.siouxfalls.org).
- Battery operated radio and extra batteries.
- Flashlight and extra batteries.
- Cash or traveler's checks.
- Non-electric can opener, utility knife.
- Fire extinguisher: small canister, ABC type.
- Tube tent.
- Pliers.
- Tape.
- Compass.
- Matches in a waterproof container.
- Aluminum foil.
- Plastic storage containers.
- Signal flare.
- Paper, pencil.
- Needles, thread.
- Medicine dropper.
- Shut-off wrench, to turn off household gas and water.
- Whistle.
- Plastic sheeting.
- Map of area.

Sanitation

- Toilet paper, towelettes.
- Soap, liquid detergent.
- Feminine supplies.
- Personal hygiene items.
- Plastic garbage bags for personal sanitation uses.
- Plastic bucket with tight lid.
- Disinfectant.
- Household chlorine bleach.

Clothing and Bedding

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

- Sturdy shoes or work boots.
- Rain gear.
- Blankets or sleeping bags.
- Hat and gloves.
- Thermal underwear.
- Sunglasses.

Special Items

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 numbers and companies.
- Inventory of valuable household goods, important telephone numbers.
- Family records (birth, marriage, death certificates).

Suggestions and Reminders

- Store you kit in a convenient place known to all family members.
- Keep items in airtight plastic bags and convenient plastic containers.
- Rotate food and water supply every six months.
- Ask your physician or pharmacist about storing prescription medication.

For more information on family emergency kits, see www.redcross.org