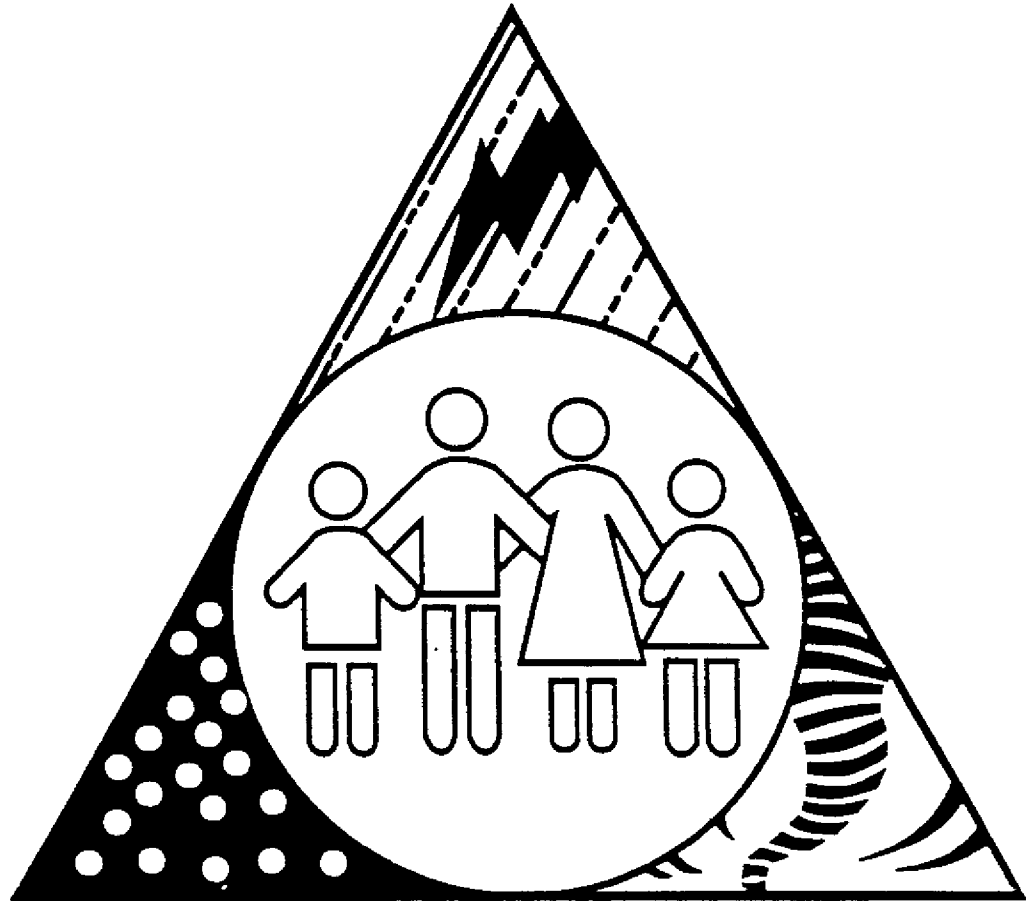


JANUARY 17, 1991

Disaster Supplies Kit



FAMILY EMERGENCY PREPAREDNESS

Civil Defense Family Protection Program



Federal Emergency Management Agency
Office of Civil Defense
Family Protection Program

The Federal Emergency Management Agency (FEMA) Office of Civil Defense is pleased to provide this information in support of The International Decade for Natural Disaster Reduction and World Health Day 1991. FEMA's Civil Defense Family Protection Program is a nationwide effort to increase the ability of citizens to respond quickly and effectively to disasters and emergencies of all types. This is one of the many publications available to help citizens prepare. For more information about emergency planning, please contact your local civil defense or emergency management office.

FAMILY EMERGENCY PREPAREDNESS PLAN

An emergency preparedness plan is your family's guide to safety. All family members must respond correctly to any emergency warning and be ready to act immediately. When disaster strikes, time is limited -- your ability to recover quickly and cope with the emergency will depend upon your level of preparedness.

Learn about the kinds of disasters that could occur in your community and discuss what each family member should do. Plan to be self-sufficient for a minimum of 72 hours without having access to basic services such as water, gas, electricity or telephones, and be prepared to evacuate in a hurry. To help prepare your family to survive and cope during disaster:

- Assemble your Disaster Supplies Kit containing the supplies that you would need to survive a disaster for at least 3 days. (See next page for details.)
- Decide on a place for family members to meet if separated. Make sure everyone has the address and phone number of your meeting place.
- Establish an out-of-state friend or relative to act as a point of contact for separated family members to call. Sometimes it's easier to place an out-of-state call than to call locally during or immediately following a disaster.
- Show each family member how to turn off the water, gas and electricity and discuss when it is appropriate to do this.
- Post emergency telephone numbers by the phone.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.
- Correct potential hazards in your home. Eliminate fire hazards and secure objects that can cause injury during a disaster.
- Learn your community's warning system, evacuation plans and routes, and the location of public shelters near your home, work or school.
- Plan an orderly and efficient evacuation of your home. Leave if advised to do so. Keep in mind that if you are advised to leave, you should post a note telling others when you left, your destination, medical condition of family members, and whether all family members are accounted for.
- Consider who in your neighborhood would need special assistance. Remember that persons with special needs such as infants, the disabled and the elderly may depend on your help.

Complete each step of this emergency preparedness checklist and review your plan with all family members. Test your plan to make sure it works.

DISASTER SUPPLIES KIT

Assemble the supplies that you would need to survive a disaster for at least 3 days. This is called a Disaster Supplies Kit, and contains common household items you may need -- but might not have time to find -- in a time of crisis.

There are basically six kinds of supplies that should be included in the Disaster Supplies Kit: water, food, first aid, clothing and bedding, tools and emergency supplies and special items. The key is to have all of your disaster supplies stored together in one place, in an easy-to-carry, accessible container.

WATER

Water should be stored in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as mason jars or glass bottles. Never ration water. Drink the amount you need today, and try to find more for tomorrow.

One gallon of water per person per day

(two quarts for drinking and two quarts for food preparation/sanitation)

Purifying agents

(See page 6 for instructions.)

FOOD

Include at least a three day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Take into account your family's food preferences.

Ready-to-eat canned meats, fruits and vegetables

Smoked or dried meats such as beef jerky

Juices -- canned, powdered or crystallized

Soups -- bouillon cubes or dried "soups in a cup"

Milk -- powdered or canned

Staples -- sugar, salt, pepper

High energy foods -- peanut butter, jelly, crackers, nuts, health food bars, trail mix

Stress foods -- sugar cookies, hard candy, sweetened cereals

Vitamins

Mess kits, or paper cups, plates and plastic utensils

FIRST AID KIT

You should have two first aid kits -- one for your home, the other for your car, if you have one. An emergency first aid kit should include:

Sterile adhesive bandages in assorted sizes
Two-inch sterile gauze pads (8 or 12)
Three-inch sterile gauze pads (8 or 12)
Hypoallergenic adhesive tape
Triangular bandages
Two-inch sterile roller bandages
Three-inch sterile roller bandages
Scissors
Tweezers
Needle
Safety razor blade
Bar of soap
Moistened towelettes
Antiseptic spray
Thermometer
Tongue blades and wooden applicator sticks
Tube of petroleum jelly or other lubricant
Assorted sizes of safety pins
Cleansing agent - soap
Latex gloves

Contact your local American Red Cross chapter to obtain a basic first aid textbook.

Non-Precription Drugs:

Aspirin or non-aspirin pain reliever
Anti-diarrhea medication
Antacid (for stomach upset)
Emetic (use to induce vomiting if advised by the Poison Control Center)
Laxative
Eye wash
Rubbing alcohol
Antiseptic or hydrogen peroxide
Activated charcoal (use if advised by the Poison Control Center)

CLOTHING AND BEDDING

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

Sturdy shoes or work boots
Rain gear
Hat and gloves
Thermal underwear
Sunglasses
One blanket or sleeping bag per person
Plastic sheeting

TOOLS AND SUPPLIES

Emergency preparedness manual
Battery operated radio and extra batteries
Flashlight and extra batteries
Cash or traveler's checks, change
Fire extinguisher: small canister, ABC type
Tube tent
Pliers
Tape
Compass
Matches in a waterproof container
Non-electric can opener, utility knife
Aluminum foil
Plastic storage containers
Signal flare
Paper, pencil
Needles, thread
Medicine dropper
Shut-off wrench, to turn off household gas and water
Whistle

SANITATION

Toilet paper, towelettes
Soap, liquid detergent
Feminine supplies
Personal items -- shampoo, deodorant, toothpaste, tooth brushes, comb and brush, lip balm
Small shovel, for digging an expedient latrine
Plastic garbage bags, ties
Plastic bucket with tight lid
Disinfectant
Household chlorine bleach

SPECIAL ITEMS

Remember family members with special needs such as infants, elderly, or disabled individuals.

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 – coloring books, crayons, games for children; books, knitting and other projects for adults.

Important Family Documents

Keep these records near your Disaster Supply Kit in a waterproof take-away container.

Will, insurance policies, contracts, deeds, stocks and bonds
Passports, social security cards, immunization records
Savings and checking account numbers
Credit card account numbers and companies
Inventory of valuable household goods, important telephone numbers
Family records (birth, marriage, death certificates)

SUGGESTIONS AND REMINDERS

Store your kit in a safe, convenient place known to all family members. If possible, it should be a cool, dry and dark location. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.

Possible storage containers include a large, covered trash container, camping backpack, or a duffle bag.

Keep items, or groups of items, in water proof and air tight plastic bags.

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

Rotate your stored food every six months.

Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.

HOW TO PURIFY WATER

In emergency situations the water in water heaters, toilet tanks (not bowls), ice cubes and water beds may be purified and used. Note: Do not use bleach to purify water in a water bed. Use a manufacturer provided purifier that will not harm the plastic material of the bed.

Boiling: Boiling is the safest method of purifying water. Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. To improve taste, pour from one container to another several times.

Purification

Tablets: Available at any sporting goods or drug store. Follow directions on the package. Usually one tablet is enough for one quart of water. Double the dose for cloudy water.

Bleach

Purification: Liquid household bleach can also be used if the label states sodium hypochlorite as the only active ingredient and there is no perfume (such as "lemon-scent") in the bottle. Add bleach according to the table below, stir and let stand for 30 minutes. If the water does not taste and smell of chlorine after 30 minutes, add another dose and let stand another 15 minutes.

AMOUNT OF WATER	CLEAR WATER	CLOUDY WATER
1 quart	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	1/2 tsp.	1 tsp