



### **Emergency Preparedness and You**

Keep in mind that you and your family may have to be self-sufficient for three to five days. You should plan to have a common meeting place for your family and the following items on hand and stored in a convenient, cool and dry area.

### **Family Emergency Preparedness Checklist**

CPR, AED and first aid training  
5 Days worth of non-perishable food for your family  
5 Days worth of water for your family  
Cash and credit cards  
Barbeque, camping stove and fuel for cooking  
Pans, eating utensils, including disposable knives, forks, spoons, paper plates/bowls  
Paper towels and moistened towelettes  
Waterless hand sanitizer  
Fire extinguisher  
Knives and scissors  
Zip-lock bags, plastic wrap, foil, trash bags  
Toiletries, including feminine products  
First aid kit  
List of family members' medications  
5 days of medications for each family member (Prescription and OTC)  
Sunscreen  
Insect repellent  
Signaling devices: flares, mirror, whistle  
Portable battery-operated AM/FM radio  
Lantern with batteries or fuel  
Matches  
Flashlights  
Extra Batteries for radio, lantern and flashlights  
Clothing and shoes comfortable enough to walk in  
Jackets, hats and gloves for cold weather  
Sleeping bags  
Hand tools: hammer, screw drivers, pliers etc.  
Duct tape  
Toys and books  
Pet Food (if you have pets)  
Walkie-Talkie radios for personal communications

*Think ahead about the types of disasters that are likely to affect you. (Examples are earthquakes, Tsunamis, hurricanes, tornados, floods, plane/car/train accidents, and fires.) Also consider the weather in your area. Use these factors as a guide to customize your family's kit. **Most importantly, learn CPR and first aid, as emergency services may be unavailable or delayed.***