

PERSONAL PREPAREDNESS

Emergency supply list

A natural disaster such as a flood or a terrorist attack could force an evacuation or the need to shelter at home. These types of events occur beyond our control. The good news is there are things you can do to take control in an emergency and bring a sense of security to your family. The time to prepare is now. Keep enough of these items stocked at home for at least three days per family member.

Medical supplies

- first aid kit
- protective masks
- personal prescription drugs
- prescriptions for pets
- glucose test strips and monitor
- blood pressure monitoring equipment



FIRST AID KIT ESSENTIALS

- | | | |
|----------------|---------------------|----------------------------|
| • bandages | • thermometer | • antibiotic ointment |
| • gauze | • hot/cold pack | • eye drops |
| • cotton swabs | • rubbing alcohol | • pain-reducing medication |
| • medical tape | • hydrogen peroxide | |
| • tweezers | | |
| • scissors | | |



Other supplies

- | | |
|---------------------|--------------------------------|
| • cash | • candles |
| • cell phone | • matches |
| • manual can opener | • garbage bags |
| • flashlights | • pocket knife |
| • batteries | • battery-operated clock radio |



Food and water

- water
- juice
- canned food
- crackers
- cereal
- granola bars
- nuts
- dried fruit



Baby and pets

- formula
- bottles
- powdered milk
- jarred baby food
- diapers
- baby wipes
- cat litter
- leash
- collar
- ID tags
- pet food



Personal items

- hygiene products
- toilet paper
- towels
- soap
- shampoo
- hand sanitizer
- contact solution
- toothbrush
- toothpaste
- pillows
- blankets



Evacuation readiness

Being prepared for an emergency evacuation is essential to ensuring the safety of your family during a public health threat. To be ready, it's recommended that you establish a plan for your family and identify the items needed for a household Go Kit.

- 1** Plan ahead by choosing a destination location.
- 2** Share this information with family and friends.
- 3** Identify a mutual meeting place for family members to go in case someone gets separated.



Most of the items needed to take shelter at home would be needed for an emergency evacuation. In addition to those items, you should compile the following in a fireproof, waterproof lockbox:

- Copies of important family records, including birth, marriage and death certificates; social security cards; immunization records; school records; divorce and custody papers; wills; insurance policies; deeds and passports
- Phone numbers of family members, friends and neighbors
- Medical information for each family member
- Year, make, model and VIN numbers for each vehicle
- Inventory of household valuables
- Family photos
- Financial information that includes a list of credit card and bank account numbers; retirement and student loan account information
- Phone numbers of utility companies and financial institutions



DCHHS
Safe families, healthy lives.

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