

What to Have in Your Home

Emergency Supply Kit:

Keep enough supplies in your home to survive on your own for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only:

One gallon of drinking water per person per day

Non-perishable, ready-to-eat canned foods

Manual can opener

First-aid kit, medications and prescriptions

Flashlight, battery-operated AM/FM radio and extra batteries

Whistle

One quart of unscented bleach or iodine tablets (for disinfecting water ONLY if directed to do so by health officials) and eyedropper (for adding bleach to water)

Personal hygiene items: soap, feminine hygiene products, toothbrush and toothpaste, etc.

Sturdy shoes, heavy gloves, warm clothes, a mylar blanket and lightweight raingear

Extra fire extinguisher, smoke detectors, carbon monoxide detectors

Child care supplies or other special care items

Other supplies and tools

Planning for a power outage:

If your electrical power is cut off, food in your refrigerator and freezer will spoil. It is wise to have some canned or packaged foods on hand that require minimal water, preparation and cooking.

If you know that power may be out for a few days, plan ahead:

Use the perishable food in the refrigerator and freezer first.

Make extra ice.

Purchase freezer packs or fill clean plastic containers with water and keep them frozen for emergencies.

Buy a cooler.

Freeze water in plastic containers. Do not fill containers to the top before freezing, because the water will expand as it becomes ice and crack the container.

Know in advance where you can buy dry and block ice. Twenty-five pounds of dry ice should keep a 10-cubic-foot freezer cold for three to four days.

Storing Food for Emergencies:

Buy foods that can be eaten with little or no cooking.

Keep food in the driest and coolest spot in your home.

Close food boxes and cans tightly after use.

Wrap bread, cookies, or crackers in plastic bags or keep them in tightly closed containers.

Use plastic containers when storing food and buy emergency food in cans.

Keep clean plastic containers on hand to store one gallon of water for each person per day.

Have a special section of the food cupboard set aside for emergency food, so that it is easier to manage, and can be packed quickly if there is a need to evacuate.

Rotate food every six months.

Develop an Emergency Meal Preparation Kit:

Disposable plates, forks, spoons and knives

Disposable hot and cold cups

Paper napkins or towels

Manual can opener

Trash bags

Sterno heater, hibachi or camp stove with five-day fuel supply

Matches in waterproof container

Heavy-duty aluminum foil

Other utensils, i.e. cutting knives

Plastic sandwich or freezer bags for food storage