

Supply Kit, continued...

- Plastic garbage bags
- Chlorine bleach
- Cash (small bills and coins. If the electricity is out you won't be able to use ATMs or credit cards)

Pet Supplies

- Food
- Water
- Medications
- Leash
- Tags
- Litter box
- Vaccination information

Clothing and bedding

Include at least one complete change of clothing and a sturdy pair of shoes.

- Blankets or sleeping bags

Special items

- Formula
- Diapers
- Bottles
- Contact lenses and supplies
- Extra eye glasses
- Entertainment—games, books

Important family documents

Keep these records in a waterproof, portable container

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

The American Red Cross of Greater Los Angeles, and the Los Angeles County Department of Public Health want individuals and families to be prepared for all types of emergencies. We believe that emergency preparedness can save lives and we encourage everyone to take as many of the steps in this pamphlet as possible to help ensure their own safety.



To find out more about emergency preparedness visit www.redcrossLA.org, www.labct.org or www.lapublichealth.org.

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Family Emergency Supplies Kit



What will you need if disaster strikes?



Emergency Supplies Kit

Emergencies can happen at any time, and they often require families to look after their own needs for several days. When an emergency strikes, it's too late to begin to plan how you and your family will cope with it, or to assemble the things you will need to survive. In the event of a major disaster, emergency services may be overwhelmed and will only be able to respond to life-threatening emergencies. If help takes hours, or even days to arrive, would your family be prepared to cope?

Preparing for an emergency before it strikes is your surest path to survival. One key step is to assemble an Emergency Supplies Kit. By gathering emergency supplies in advance, your family will be much more prepared for an evacuation or extended stay at home.

First things first.

Determine what type of container you'll use to store your supplies. This will depend on how many people you are providing for. The container should be something that can be picked up or wheeled away in case of evacuation. Some examples include a large, covered trash container, a plastic storage container, or a backpack.

Determine where you'll store your kit.

Store your kit in a convenient place known to all family members.



Keep a smaller version of the Emergency Supplies Kit in the trunk of your car.



Emergency Supply Kit Checklist

The essential items of a kit include at least a three-day supply of food and water for each person, first aid supplies, clothing and bedding, tools, and emergency supplies and special items.

Review your kit every six months. Replace the food and water and add necessary items as your family's needs change.

Water

- Store one gallon of water per person (or pet) per day.
- Store water in plastic containers, such as soft drink bottles. Avoid using containers that may break, such as glass bottles.

Food

Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight. Most importantly, select foods that you and your family like.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup
- High energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix
- Special food for infants, elderly persons, or persons on special diets
- Comfort food, such as cookies, candy, etc.

First Aid Kit

Assemble a first aid kit for your home and one for each car.

- 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
- Needle
- Moistened towelettes
- Antiseptic

- Thermometer
- Tongue depressor (2)
- Petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

Non-prescription drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- Prescription medications

Tools and Supplies

- Eating utensils, cups, and plates
- Solar, manual or battery operated radio and extra batteries
- Flashlight and extra batteries
- Non-electric can opener
- Whistle
- Plastic sheeting
- Duct tape
- Map
- Gloves
- Wrench (to turn off gas and water)
- Crowbar
- Soap or antibacterial gel
- Toilet paper
- Feminine supplies
- Personal hygiene items, such as a toothbrush and toothpaste