Family Survival Guide

Complete Emergency Preparedness
Be the prepared one!

You’ve seen it happening! Disasters can affect any part of the United States at any time of the year, swiftly and without warning. Problem is most people don't think of a disaster until it is too late; then they suddenly realize how unprepared they are for the massive changes it makes in their lives.

It’s obvious you can’t rely on help from outside anymore. Local officials can be overwhelmed and emergency response personnel may not be able to reach everyone who needs help right away. You’re basically on your own.

Each type of disaster requires clean up and recovery. The period after a disaster is often very difficult for families, at times as devastating as the disaster itself. It’s all a question of survival. Families that are prepared ahead of time can reduce the fear, confusion and losses that come with disaster. They can be ready to evacuate their homes, know what to expect in public shelters and how to provide basic first aid.

Don’t be the victim! Be the prepared one!
Have a plan and stick to it

It is important to have an emergency plan of action and to familiarize every family member with it. This will insure that important steps will get done as quickly and efficiently as possible after a disaster strikes.

It will also instill a sense of confidence in all family members, so instead of the feelings of helplessness, panic and chaos that unprepared individuals will face, your family will remain confident, calm and organized. The actions taken during the first few minutes and hours after a disaster will often turn out to be critical, maybe even saving a life.

Do your homework

Find out what disasters could happen in your area. Contact your local emergency management or civil defense office and American Red Cross chapter to:
· Learn which disasters are possible where you live and how these disasters might affect your family.
· Request information on how to prepare and respond to each potential disaster.
· Learn about your community’s warning signals, what they sound like, what they mean and what actions you should take when they are activated.
· Learn about local, state or federal assistance plans.
· Find out about the emergency response plan for your workplace, your children’s school or day-care center, as well as other places where your family spends time.
· Develop a list of important telephone numbers (doctor, work, school, relatives) and keep it in a prominent place in your home.
· Ask about animal care. Pets may not be allowed inside shelters because of health regulations.

**Make a checklist**

· Post emergency telephone numbers by phones (fire, police, ambulance, etc.).
· Teach your children how and when to call 911 or your local EMS number for help.
· Show each family member how to turn off the water, gas and electricity at the main valves or switches.
· Teach each family member how to use a fire extinguisher (ABC type) and have a central place to keep it. Check it each year.
· Install smoke detectors on each level of your home, especially near bedrooms. Conduct a home hazard hunt.
· Stock emergency supplies and assemble a disaster supply kit.
· Learn basic first aid. At the very least, each family member should know CPR, how to help someone who is choking and first aid for severe bleeding and shock. The Red Cross offers basic training of this nature.
· Identify safe places in your home to go for each type of disaster.
· Check to be sure you have adequate insurance coverage.

**Consider this:**
Does everyone in your family know what to do when there is a natural gas leak in your house? Earthquakes, tornadoes and similar disasters can result in a rupture of a natural gas pipe. If not taken care of immediately this could result in an explosion that could destroy your home and everything in it!

You should locate the main valve that shuts off the gas to your house, usually located outside next to your gas meter. You will need a large wrench. Acquire a wrench just for this purpose and make sure that everyone in your family knows how to shut the gas off. (Don't actually shut it off if you have pilot lights in any of your gas appliances or they will have to be re-lit when you turn the gas back on.) The gas valve is often difficult to turn, so you will need a wrench large enough to provide sufficient leverage.

Store this wrench in a location that can be easily accessed in times of emergency, near a back door entrance or in an outside shed for example. An idea would be to hang it on the wall in your garden shed with the words "For Gas Shutoff" written in large letters on the wall above it. Every family member should know the location of this wrench and how to use it.

It is also a good idea to familiarize every family member with what to do in case there is a ruptured water pipe in your house. Locate the main valve that shuts the water off to your entire house and make sure that every family member knows how to close it. Sometimes this valve is located inside the house, perhaps in the basement where the main water line enters the house.
If there is no such shut off valve in your house you will have to shut the water off at the meter, which may be outside your house. This will require a special tool that will reach all the way down to the valve because outside water meters are located deep enough to remain below the freeze level. Keep this wrench in a special location like the gas wrench and make sure that everyone in your family knows where it is and how to use it.

Every home should have a good fire extinguisher located on each level of the house. These should be regularly maintained and kept in good working order. Battery operated smoke detectors should also be appropriately located at all levels of your home and their batteries should be checked regularly. I also recommend an electronic carbon monoxide detector.

Part of your plan should also include an agreed upon place for family members to meet in case your home is destroyed or otherwise uninhabitable. You should also have one or two backups in case your agreed upon meeting place is unavailable. Plan A, for example, may be a neighbor's house. Plan B could be a nearby family member's house, and Plan C could be a local public place such as a school, church or park.

**Practice and maintain your plan**

- Test children's knowledge of the plan every 6 months so they remember what to do.
- Conduct fire and emergency evacuation drills. Replace stored water and food every 6 months.
· Test your smoke detectors monthly and change the batteries once a year.

Preventing Children for Disaster

As you develop your preparedness plan, include children in the planning process. Teach your children how to recognize danger signals. Make sure they know what smoke detectors and other alarms sound like. Make sure they know how and when to call for help.

If you live in a 9-1-1 service area, tell your child to call 9-1-1. If not, check your telephone directory for the number. Keep all emergency numbers posted by the phone. Help your children to memorize important family information. They should memorize their family name, phone number and address. They also should know where to meet in case of an emergency. If children are not old enough to memorize the information, they should carry a small index card to give to an adult or babysitter that lists the emergency information.

Learn about Evacuation

Evacuations during a disaster are a common event. Evacuation procedures vary by location and disaster. Contact your local emergency management or civil defense office for specific evacuation plans.
The amount of time you will have to evacuate depends on the disaster. Some disasters, such as hurricanes, may allow several days to prepare. Hazardous materials accidents may only allow moments to leave. This means that preparation is essential since there may not be time to collect the basic necessities.

Preparing for Evacuation

Advance planning will make evacuation procedures easier. First, you should have your family disaster supply kit and plan ready. Additional steps that can aid preparedness include:

· Review possible evacuation procedures with your family.
· Ask a friend or relative outside your area to be the check-in contact so that everyone in the family can call that person to say they are safe.
· Find out where children will be sent if they are in school when an evacuation is announced.
· Plan now where you would go if you had to evacuate.
· Consider the homes of relatives or friends who live nearby, but outside the area of potential disaster.
· Keep fuel in your car’s gas tank at all times. During emergencies, filling stations may be closed. Never store extra fuel in the garage.
· If you do not have a car or other vehicle, make transportation arrangements with friends, neighbors or your local emergency management office.
· Know where and how to shut off electricity, gas and water at main switches and valves. Make sure you have the tools you need to do this
(usually pipe and crescent or adjustable wrenches). Check with your local utilities for instructions.

**Evacuating**

When you are told to evacuate there are four steps you need to take:

1. If there is time, secure your house.
   - Unplug appliances.
   - In a flood hazard area, store propane tanks or secure them safely to the structure.
   - Turn off the main water valve.
   - Take any actions needed to prevent damage to water pipes by freezing weather, if this is a threat. Securely close and lock all doors, windows and garage.

2. Follow recommended evacuation routes. Do not take shortcuts, they may be blocked.

3. Listen to the radio for emergency shelter information.

4. Carry your family disaster supply kit.

**Returning Home After the Disaster**

1. Do not return until the local authorities say it is safe.

2. Continue listening to the radio for information and instructions.

3. Use extreme caution when entering or working in buildings structures may have been damaged or weakened. Watch for poisonous snakes in flooded structures and debris.

4. Do not take lanterns, torches or any kind of flame into a damaged building. There may be leaking gas or other flammable materials present. Use battery-operated flashlights for light. If you suspect a gas
leak, do not use any kind of light. The light itself could cause an explosion.

5. If you smell leaking gas, turn off the main gas valve at the meter. If you can open windows safely, do so. Do not turn on lights they can produce sparks that may ignite the gas. Leave the house immediately and notify the gas company or the fire department. Do not reenter the house until an authorized person tells you it is safe to do so.

6. Notify the power company or fire department if you see fallen or damaged electrical wires.

7. If any of your appliances are wet, turn off the main electrical power switch in your home before you unplug them. Dry out appliances, wall switches and sockets before you plug them in again. Call utility companies for assistance.

8. Check food and water supplies for contamination and spoilage before using them.

9. Wear sturdy shoes when walking through broken glass or debris, and use heavy gloves when removing debris.

10. After the emergency is over, telephone your family and friends to tell them you are safe.
When Disaster Strikes

Hopefully you will never have to experience disaster. When it does happen, however, try to remain calm and patient and put your family preparedness plan into action. You should follow the following steps:

- Retrieve your disaster supply kit.
- Wear protective clothing and sturdy shoes.
- Confine or secure pets to protect them.
- Go to the safe place in your home you identified and stay there until well after the disaster is over.
- Listen to your battery-powered radio for news and instructions.
- Evacuate, if advised to do so.

Emotional Recovery After a Disaster

In addition to the physical damage a disaster brings, stress and emotional disequilibria need to be addressed by victims. Steps you can take to reduce the effects of a disaster include:

- Be extra patient.
- Keep in mind that other people may have a different viewpoint about what should be top priority.
- Realize that it will take time to restore things, both physically and emotionally.
- Try to keep your family diet as nutritious as possible.
Focus on the big picture instead of the little details. This will give you a sense of completeness.

Talk with friends, family and clergy. A support network is essential in a disaster situation.

Watch for the tendency to resort to bad habits when you are under stress.

If you are dealing with disaster victims, realize that it's natural for them to express disbelief, sadness, anger, anxiety and depression. Also realize that these emotions and moods can change unexpectedly.

**Helping Children Recover after a Disaster**

Children may require special attention after experiencing a disaster. Four common fears children have are death, darkness, animals and abandonment. In a disaster children may experience any or all of these. You should encourage children to talk about what they are feeling and to express this through play, drawing or painting.

A child's reaction to a disaster may vary depending on age, maturity and previous experience. In all cases it is important to acknowledge what happened and take time to talk with children about their fears. Some behaviors you may find children exhibiting after a disaster include:

- Being upset at the loss of a favorite toy, blanket, teddy bear, etc.
- Hitting, throwing or kicking to show their anger and frustration.
- Fear of the disaster coming again.
- Fear of being left alone or sleeping alone. They may want to sleep with another person.
· Behaving as they did when they were younger, including wetting the bed, sucking their thumb, wanting to be held, etc.
· Exhibiting symptoms of illness such as nausea, fever, headaches, not wanting to eat, etc.
· Becoming quiet and withdrawn. Becoming easily upset.
· Feeling that they caused the disaster in some way.
· Feeling neglected by parents who are busy cleaning up or rebuilding.
· Refusing to go to school or to be out of the parent's sight.

Parents and other adults can help children come to terms with their feelings in several ways.
· Let children know you love them and they can count on you.
· Reassure them that they are not responsible for what occurred.
· Talk with your children about your own feelings.
· Give simple, accurate answers to children's questions.
· Hold them. Close contact assures children you are there for them and will not abandon them.
· Let children grieve for a lost toy or blanket that was special to them. It will help them cope with their feelings.
· Provide play experiences to relieve stress.
· Repeat assurances and information as often as you need to; do not stop responding.
· Spend extra time putting children to bed at night.
· Listen to what children say. Repeat their words to clarify what they are feeling. If additional help is needed for adults or children, contact a community resource such as a counseling center, minister or mental health agency.

**Precautions against Power Outages**

The best way to protect yourself against power outages is to consider some sort of alternative energy. Solar panels and wind energy are recommended, mostly because you can easily use a DIY guide to produce your own electric energy. Having one of these installed for your family to use, will allow you to have your appliances still running when the power goes off.

If your area comes under an advisory that may lead to prolonged power outages (hurricanes, prolonged flooding, etc.) take these steps to help keep your food safe:

Turn your refrigerator and freezer to the coldest setting. This will help the food stay frozen. Purchase a 50-pound block of dry ice. This will keep food in a full 18 cubic foot freezer safe for 2 days. Wrap it in brown paper for longer storage. Separate it from direct food contact with a piece of cardboard. Fill partially filled freezers with crumpled newspaper to reduce air currents which will dissipate dry ice.
After a Power Outage

If you should lose power, the emergency food supplies in your family disaster supply kit will be safe. Food in the refrigerator and freezer may be in trouble. Generally, food in a refrigerator will be safe if the power is not out longer than a few hours and the temperature has been at 40°F or below. Food in a full, free-standing freezer should be safe for about 2 days if the temperature was at 0°F or below.

Food in a half-full freezer should be safe for about 1 day if the temperature was at 0°F or below. To prolong the life of your food the following measures should be taken.

Group meat and poultry to one side or on a tray, so their juices won't contaminate other foods, if they begin to thaw.

Be wary of using meat, poultry and foods containing milk, cream, sour cream or soft cheese.
Don't rely on odor or appearance of food. If perishable food has been at room temperature for more than 2 hours, discard it.
In emergency conditions, the following foods should keep at room temperature (above 40°F) a few days.

Discard anything that turns moldy or has an unusual odor or look.

· Butter, margarine
· Fresh fruits and vegetables
· Dried fruits and coconut
· Opened jars of salad dressing, peanut butter, jelly, relish, taco sauce, barbecue sauce, mustard, catsup, olives
· Hard and processed cheeses
· Fruit juices
· Fresh herbs and spices
· Flour and nuts
· Fruit pies
· Bread, rolls, cakes and muffins

Discard the following foods if kept for more than 2 hours above 40°F.
· Raw or cooked meat, poultry and seafood
· Milk, cream, yogurt, soft cheese
· Cooked pasta, pasta salads
· Custard, chiffon or cheese pies
· Fresh eggs, egg substitutes
· Meat topped pizzas, lunchmeats
· Casseroles, stews or soups
· Mayonnaise and tartar sauce
· Refrigerator and cookie dough’s
· Cream filled pastries

Refreeze thawed foods that still contain ice crystals or feel cold.

**Tornadoes**

Danger signs for tornadoes include severe thunderstorms in the area with strong, gusty winds, and a funnel or dark column spinning from the sky to the ground. You will often hear a loud, roaring noise similar
to the noise of a train or an airplane. Tornadoes can travel in excess of speeds of 100 kilometers per hour but average 50 kilometers per hour.

The average width of a tornado is about 90 to 120 meters at the ground. The average length is less than a kilometers but has exceeded 65 kilometers. Tornadoes generally occur between the hours of 3:00 p.m. and 7:00 p.m. and about 85 per cent will come from a southwest direction.

If you live in an area that has sustained tornado or wind damage, take the following measures:

- If you have a basement, go there and protect your head and face. If you do not have a basement, go to the centre part of your house on the lowest level. A closet or bathroom is usually a good place to seek shelter. Always protect your head and chest from flying objects.

- If you are in a vehicle, STOP! Get out of the vehicle and move away from the tornado's path at a right angle and lie in a hollow or ditch. Remember to cover your head and chest.

- DO NOT stay in areas that have a lot of windows.

- Drink only approved or chlorinated water.

- Consider all water from wells, cisterns and other delivery systems in the disaster area unsafe until tested. Check foods and discard any containing particles of glass or slivers of other debris.
- Discard canned foods with broken seams.

**Flood**

Did you know that floods are the most common natural disaster in America? The Red Cross reports that, every year, floods take more than 100 lives and cause more than $4 billion in damages. Here are some tips everyone should know to prepare for that inevitable flood:

- Store fresh drinking water. Regular drinking water supply may become contaminated.
- Install plugs in basement drains and check sewer backup valves.
- Remove all chemical products from the basement and other flood prone areas.
- Move personal belongings to upper floors.
- Install sump pumps.
- Contact local municipal authorities before dyking buildings.
- Contact your Agricultural Representative regarding the relocation of farm produce, livestock, poultry, etc.

Turn off basement furnaces and the outside gas valve.
- Turn off electrical power. If the area surrounding the switch is wet, stand on a dry surface and reach with a dry wooden stick.
- Add 2 1/2 liters of disinfectant (e.g. chlorine bleach) to basement flood waters every two or three days.
• If you suspect your drinking water is contaminated, purify it by boiling, using purification tablets or chlorinate with a chlorine bleach.
• Listen on a battery-powered radio for flood instructions.
• NEVER attempt to cross flood areas on foot or in a vehicle. The water can be swift and you could be swept away.
• Follow instructions of local officials.

**Food Recovery**

Flood waters may carry contaminants such as silt, raw sewage or chemical waste. Disease bacteria in the water also can contaminate any food it touches. If you have experienced flood conditions, follow these guidelines:

- Save undamaged commercially canned foods (except as noted later).
- Do not use home-canned foods that have been covered with floodwater.
- Commercial glass jars of food are safe if the containers are sanitized.
- Remove the labels from jars and cans and mark the contents on can or jar lid with indelible ink. Paper can harbor dangerous bacteria.

To sanitize jars, cans, dishes and glassware, wash in a strong detergent solution with a scrub brush. After washing, immerse them in a solution of 2 teaspoons chlorine bleach per gallon of room temperature water.

Air dry before using. If needed, clean empty glass also may be sanitized by boiling in water for 10 minutes. To sanitize metal pans and utensils, boil in water for 10 minutes.
Discard wooden and plastic utensils, baby nipples, pacifiers and any other porous nonfood items that are used with food. Discard the following foods:
· Meat, poultry, fish and eggs
· Fresh produce
· Preserves sealed with paraffin
· Unopened jars with waxed cardboard seals such as mayonnaise and salad dressing
· All foods in cardboard boxes, paper, foil, cellophane or cloth
· Spices, seasonings and extracts
· Home-canned foods
· Opened containers and packages
· Flour, grain, sugar, coffee and other staples in canisters
· Dented, leaking, bulging or rusted cans

Wild Fires

Especially during the summer, wildfires can start off without any kind of warning and you can find yourself in its way without any notice. Even if during the morning all seems fine and great, just a small incident or increased temperatures during noon can cause a fire in the area you're in.

What to do:

1. If you get near a road and the fire is really close, lie down with
your face down. The fire will have a “hard time” burning over the road, as there's nothing to burn there. Still, be careful not to have any flammable materials near, like gas tanks, abandoned cars or fallen trees.

2. Just as good as a road can be a ditch. If there's no way of getting out of the incoming wildfire, find a ditch and lie, face down, on its uphill side.

3. Find something that will protect you from the heat. Many times, people are affected and sometimes killed by the extreme heat, not necessarily by the fire. So it's essential that you find a good shelter or proper materials to protect you from the heat. Having a special suit always helps, or if not try finding an emergency shed or an underground shelter, that are sometimes built in high risk areas.

4. Look for an area with no vegetation. In an area without trees or too much grass, the fire would not have on what to sustain itself and could stop burning fiercely in that area or even cool down entirely if it's not a big fire.

5. If you see water close by, go there. Worst case scenario, you can literally go into the water and wait for the fire to pass or use water from the lake/river.

**Food Safety after a Fire**

Food that has been exposed to fire can be affected by three factors:

- heat of the fire
- smoke fumes
- chemicals used to fight the fire
Food in cans or jars that have been close to the heat of the fire may appear to be unharmed, but the heat from the fire can activate food spoilage bacteria, leaving them inedible. Burning materials may release toxic fumes that contaminate food. Discard any type of food stored in permeable packaging such as cardboard or plastic wrap. Discard raw food outside the refrigerator.

Food in refrigerators and freezers also may be contaminated. The seal on these appliances is not completely airtight. Discard any food with an off-flavor or smell. The chemicals used to fight fires contain toxic material that can contaminate food and cookware. Throw away foods exposed to the chemicals.

Chemicals cannot be washed off the food. This includes foods stored at room temperature, as well as foods stored in permeable containers such as cardboard and screw-topped jars and bottles. Sanitize canned goods and cookware in the same method as recommended for flooded foods.

Create your Family Survival Kit

The Disaster Survival Kit is a fun family project to involve the younger members of your household to take part in preparing for disasters. It is also a very important step towards preparedness, so make sure you do it right. Store the kit in a convenient place known to all family members. Store the items in airtight bags or containers. Replenish the kit twice a year.
Include six basic items:
· Water
· Food
· First Aid Kit
· Tools and Supplies
· Clothing and Bedding
· Special Items

Water

· Store water in clean plastic containers such as thoroughly washed and rinsed soft drink bottles with tight fitting screw-on caps.
· Store 1 gallon per day per family member (2 quarts for drinking, 2 quarts for food preparation/sanitation). Children, nursing mothers and ill people will need more.
· A 3-day supply of water should be stored for every family member.
· Replace water every 6 months.

In terms of treating water, in case of a disaster, you have several options:

- **Chemicals:** Two common chemicals can be used to treat water.

Chlorine
Household bleach can be used to treat water, and the method is very simple. Just add a couple of small drops of bleach to each quart of
water that you want to treat. Allow the water to sit for 30 minutes. If the water still looks cloudy, you can allow it to sit for another half an hour before using.

Keep in mind that you cannot use scented bleach or bleach with other additives. Also, because bleach loses its potency rather quickly, you need to rotate the bleach in your emergency supplies often.

Iodine
Iodine is sold in two forms that are most often used to treat water. The first is crystal form and the other is pill form. Be sure to follow the instructions given by the manufacturer as the exact use may vary.

One important note is that water treated with iodine may be not safe for certain people, including pregnant women, the elderly, and anyone with an iodine allergy.

- **Filters:** Keeping quality water filters in your emergency supplies is absolutely essential. Even though many people will be able to get through a 72-hour crisis using only the water that they have stored, it cannot be stressed enough that you should also have a plan in place for sourcing and treating water.

A number of filters are available, and some are much more effective than others. It is very important that you research the specific filter that you are considering. Some of the features that you need to understand are listed below.

- Capacity
- What types of particulates will be removed
- How much replaced filters or media costs

For any filters that you have in your supplies, be sure to also keep several replacement filters as well.
Food

Store at least a 3-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Rotate these foods into the regular diet frequently to keep the supply fresh. In a disaster supply kit don’t forget to include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples such as sugar, salt, pepper, seasonings
- Honey has the advantage of being a natural topical antibiotic. It has been used for centuries on the battlefield for helping wounds to heal.
- Wheat, flours, and beans are the easiest bulk materials to store for calorie, shelf life, and nutritive value.
- vinegar, a preservative that can jazz most mundane dishes on earth, a cleaning agent and solvent, and a deodorizer
- Garlic. Store garlic in a dry place and help your family stay away from diseases. Garlic is well-known for boosting the body’s immunity.
• Instant mashed potatoes are a pretty nutritious food as well. They’re easy to prepare and have a great shelf life.

• Cereals are a very nutritious part of your breakfast. Remember that you will need milk for cereals.

• Beef Jerky is probably one of the most survival friendly foods you can possibly find. It’s healthy, delicious and has a fantastic shelf life.

• High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix

• Vitamins, infant food and food for special diets

• Comfort/stress foods such as popcorn, nuts, peanuts, peanut butter, cookies, hard candy, instant coffee, tea bags

First Aid Kit

Assemble a first aid kit for the home and one for each vehicle. An approved American Red Cross kit may be purchased, or one may be assembled with the following items:

· Sterile adhesive bandages (band-aids) in assorted sizes

· 2-inch and 4-inch sterile gauze pads (4-6 of each)

· Hypoallergenic adhesive tape

· Triangular bandages (3)

· 2-inch and 3-inch sterile roller bandages (3 rolls each)

· Scissors

· Tweezers

· Moistened towelettes

· Antiseptic
· Thermometer Tongue blades (2)
· Sunscreen
· Tube of petroleum jelly or other lubricant
· Assorted sizes of safety pins and needles
· Cleansing agent/soap
· Latex gloves (2 pairs)

Non-prescription drugs

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

Tools and Supplies

Various tools and supplies may be needed for temporary repairs or personal needs. Include these items in your disaster supply kit:
· Battery operated radio and extra batteries
· Flashlight and extra batteries
· Non-electric can opener, utility knife
· Map of the area (for locating shelters)
· Cash or traveler's checks, change
· Fire extinguisher: small canister, ABC type
· Tube tent
· Pliers
· Tape
· Compass
· Matches in waterproof container
· Aluminum foil
· Plastic storage containers
· Signal flare Paper, pencil
· Needles, thread
· Medicine dropper
· Shut-off wrench, to turn off household gas and water
· Whistle
· Plastic sheeting
· Mess kits or paper cups, plates and plastic utensils
· Emergency preparedness manual

**Sanitation**

· Toilet paper
· Soap, liquid detergent
· Feminine hygiene supplies
· Personal hygiene items
· Plastic garbage bags, ties (for personal sanitation uses)
· Plastic bucket with tight lid
· Disinfectant
· Household chlorine bleach

**Clothing and Bedding**
Your disaster supply kit should include at least one complete change of clothing and footwear per person. Items to include are:

- Sturdy shoes or work boots
- Rain gear Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

**Special Items**

Family members may have special needs. Other items you may add to your kit include:

**For Babies:**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

**For Adults:**

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
Extra pair of eye glasses

Entertainment

· Games and books

Important Family Documents:

Keep these 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 goods, important telephone numbers
· Family records (birth, marriage, death certificates)

Final Thoughts

We are told that the righteous need not fear, and preparation, in any form or amount, can certainly offer plenty of assurance and confidence. That’s the purpose of this guide. To allow you to live with the added peace of mind that you are now in the possession of the proper information to protect your family against any disaster.