

MEET THE HELPERS

BUILD YOUR OWN EMERGENCY SUPPLY KIT

- First aid kit
- Non-perishable food - at least a three-day supply
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Cell phone with chargers and a backup battery
- Flashlight
- Dust mask to help filter contaminated air
- Extra batteries
- Water - one gallon per person per day for at least three days, for drinking and sanitation
- Local maps
- Manual can opener for food
- Plastic sheeting and duct tape to shelter-in-place
- Garbage bags
- Whistle to signal for help
- Wipes for personal sanitation
- Wrench or pliers to turn off utilities



ADDITIONAL ITEMS YOU MIGHT WANT

- | | | |
|-----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> Antibacterial Hand Gel | <input type="checkbox"/> First aid instruction booklet | <input type="checkbox"/> Household chlorine bleach |
| <input type="checkbox"/> Blanket or space blanket | (can be obtained from the Red Cross) | (In an emergency, you can treat water |
| <input type="checkbox"/> Books, games, puzzles or printed
PBS KIDS Activities for children | <input type="checkbox"/> Infant formula and diapers | by using 16 drops of non-scented |
| <input type="checkbox"/> Emergency phone numbers | <input type="checkbox"/> Matches in a waterproof container | bleach per gallon of water) |
| <input type="checkbox"/> Feminine supplies and personal
hygiene items | <input type="checkbox"/> Pet food and extra water | <input type="checkbox"/> Important family documents such as |
| | <input type="checkbox"/> Prescription medication for family
members such as an epi-pen or inhaler | insurance policies, identification,
personal records |



TIPS FOR PARENTS & CAREGIVERS

Replace items as soon as possible after using anything from the kit.

Talk with children about how to call 9-1-1 in a medical emergency.

Review your Emergency Supply Kit twice a year and replace any expired items.

Attend a training workshop for First Aid or CPR.

Train family members how to use emergency medications such as epi-pens or inhalers.

Designate a location for the Emergency Supply Kit and make sure every family member can access the kit (keeping any medications away from small children).