



BUILDING YOUR EMERGENCY PREPAREDNESS KIT

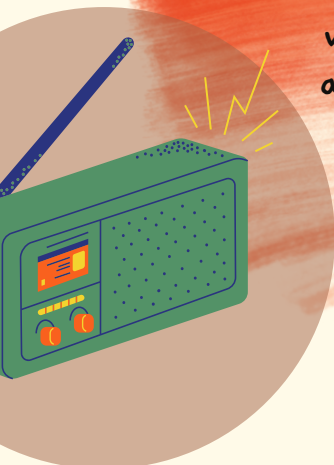


Being prepared helps reduce anxiety, fear, and loss that can accompany disaster. An emergency preparedness kit can provide the necessary supplies you may need during a disaster.

BASIC DISASTER SUPPLIES

- Water
- Battery-powered or hand crank radio
- First aid kit
- Dust mask (to filter contaminated air)
- Moist towelettes, garbage bags, plastic ties (for personal sanitation)
- Manual can opener
- Cell phone with chargers and backup battery
- Food
- Flashlight
- Whistle (to signal for help)
- Plastic sheeting and duct tape (to shelter in place)
- Wrench or pliers (to turn off utilities)
- Local maps

Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.



STORE AT LEAST ONE GALLON OF WATER PER PERSON PER DAY FOR DRINKING AND SANITATION.



ADDITIONAL SUPPLY ITEMS

- Masks
- Non-prescription medications; pain relievers (ibuprofen, Tylenol), anti-diarrheal, antacids
- Warm blankets
- Matches in a waterproof container
- Books, games, puzzles



MAINTAINING YOUR KIT

After assembling your kit remember to maintain it so it is ready when needed!

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs each year and update your kit as needs change.

DOWNLOAD THE FEMA MOBILE APP TO HELP YOU PLAN, PROTECT, AND RECOVER!



WHERE TO STORE YOUR KIT

Work: Make sure everyone knows where emergency preparedness kits are stored. Every work vehicle should also have an emergency kit.

Home: Keep the kit in a designated place and have it ready in case you have to leave quickly. Make sure all family members know where the kit is kept.

Car: In case you are stranded, keep a kit of emergency supplies in your car. (Keep in mind, an emergency kit for winter may contain different supplies than one for summer).