

Communities Responding To Extreme Weather



EMERGENCY PREPAREDNESS KITS



Are you prepared for the next extreme weather event? As climate change makes hurricanes, flooding, heat waves, snowstorms and other weather events more frequent and more severe, our homes, families, and communities must be ready. One step we can take is assembling an emergency preparedness kit. Here's how to do it.

TAKE CARE OF OTHERS

Keep in mind that your family may have emergency needs not included in this list, so feel free to adjust your own kit. Also, remember to update your kit if your needs change, medically or personally. For example, children and pets will require extra supplies such as diapers, baby food or formula, cleaning supplies, medications, comfort items, and documentation.

QUICK TIPS

Keep it fresh. It's extremely important that all items in your kit are functional at the time of an emergency.

- Check the expiration dates on food, water, medicine, and batteries at least two times per year.
- Replace any food or supplies that may have expired.

Be sure it's ready to use. In a disaster situation, you may need to get your emergency supply kit quickly, whether you are sheltering at home or evacuating.

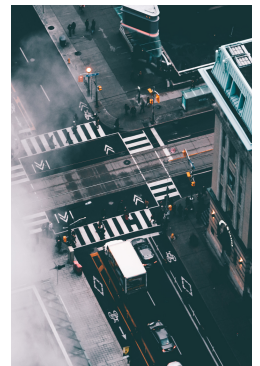
- Once you have gathered your supplies, pack the items in easy-to-carry containers.
- Clearly label the containers and store them where you can reach them easily.
- Remember that certain items, like medications and paper documents, need to be kept in waterproof containers.

Involve children. Families can make emergencies less stressful by preparing in advance and working together as a team.

- Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
- Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.
- Include kids in planning and creating disaster kits for family pets.

Know your house. Find out where your gas, electric, and water shut-off locations are, and how to turn them off.

Prepare for everywhere. Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles. Familiarize yourself with local emergency plans, and know where you can meet in case you get separated.





ITEMS FOR A SIMPLE KIT

- First aid kit (bandaids, antibiotic cream, etc...)
- Flashlight + working batteries
- Document Protector or folder (preferably waterproof)
- Hand sanitizer and/or antiseptic wipes
- Toiletries (Toothbrush, toothpaste, deodorant, soap, floss, etc..)
- 3 days worth of feminine hygiene products, if applicable
- At least a 3-day supply of food and water
 - Food: see ready.gov/food
 - Water – one gallon per person, per day. See ready.gov/water
- Manual can opener
- Basic utensils to prepare and serve meals
- Copies of important documents such as insurance cards and immunization records, in a protector. Have backup digital copies if possible.
- Paperwork about any serious or ongoing medical condition
- Your completed family emergency plan, complete with family and emergency contact information
- Extra cash
- Maps of the area
- Extra set of car keys and house keys
- At least a 3-day supply of all medicines

IF YOU CAN, TRY TO INCLUDE:

- Emergency drinking water pouch
- Rain Poncho
- Emergency blanket
- Hand Warmers
- Light stick
- Whistle with neck cord
- Matches and pocketknife

PARTICULARLY IMPORTANT TO INCLUDE DURING THE COVID-19 CRISIS:

- At least two masks per person
- Nitrile gloves
- Hand sanitizer
- Medical ID card
- Sanitizing wipes
- Soap and water to wash your hands (if possible)
- Thermometer

Prepare your Disaster Kit:
What items should you have on-hand for a power outage:

Store at least a three-day supply of non-perishables. Choose foods your family will eat. Avoid foods that will make you thirsty. Remember any special dietary needs. Choose salt-free crackers, and whole grain cereals.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

- 1 Ready-to-eat canned meats, fruits, vegetables and a can opener
- 2 Protein or fruit bars
- 3 Dry cereal or granola
- 4 Peanut butter
- 5 Dried fruit
- 6 Nuts
- 7 Crackers
- 8 Canned juices
- 9 Non-perishable pasteurized milk
- 10 High energy foods
- 11 Vitamins

For more information, please visit: www.climatecrew.org