



# Individual & Family Preparedness

According to FEMA and the American Red Cross, there are three basic things you can do that will make a big difference in ensuring you and your family's safety and well-being: make a plan, be informed and get a kit.

## PREPARE WITH YOUR FAMILY

### Make a Plan

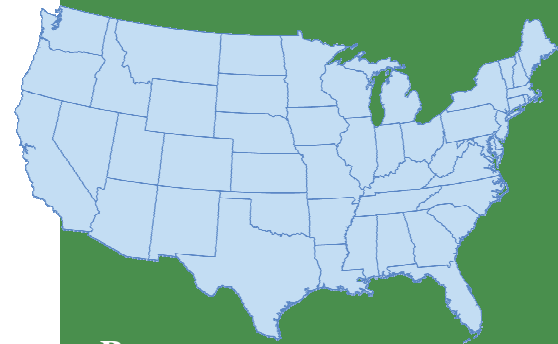
- **Phone numbers.** Be sure you and your family memorize a phone number for someone outside of your immediate area that you can call in case of an emergency. Keep in mind that cell phones can be lost/stolen or batteries can run out, so memorize the number. Inform other family and friends who this contact person will be.
- **Make a wallet card.** Make a card that includes important numbers and information. Make your own, or print and fill out the card from the following link:  
[http://www.ready.gov/america/downloads/fep\\_download/FamEmePlan\\_Adult.pdf](http://www.ready.gov/america/downloads/fep_download/FamEmePlan_Adult.pdf)
- **Texting.** Teach all members of your family to text. Text messages may still work even when phone calls don't go through.

### Be Informed

- **Find an easy way to access information.** You can sign up for text alerts. To find a local agency providing alerts, go to:  
<http://www.ready.gov/america/local/index.html>.
- **Local area weather radio stations:**
  - To find your local station visit:  
<http://www.weather.gov/nwr/indexnw.htm>

### Get a Kit

- **Water, food and cash.** The three most basic things you'll need.
  - **Water.** One gallon of water per person for three days
  - **Food.** Enough non-perishable food items for three days. These purchases can be part of your regular grocery shopping; just make sure you have enough food for three days in your pantry.
  - **Cash.** It's also good to have small denomination bills and change



## Prepare

"Be you prepared, and prepare for yourself, you, and all your company that are assembled to you, and be you a guard to them."  
—Ezekiel 38:7

## First Aid Kit



- Absorbent Compress
- Adhesive Bandages/Band-aids (Assorted Sizes)
- Adhesive Tape (cloth) 1"
- Antibiotic Ointment packets
- Antiseptic wipe Packets
- Aspirin (Chewable) 81 mg
- CPR Breathing Barrier
- Instant Cold Compress
- Gloves (large), non-latex
- Hydrocortisone Ointment
- Scissors
- Roller Bandage 3"
- Roller Bandage 4"
- Sterile Gauze Pad 3x3
- Sterile Gauze Pad 4x4
- Thermometer, Oral
- Triangular Bandage
- Tweezers
- First Aid Instruction booklet



## Emergency Supply Kit

Also known as a “go kit,” you can keep it stashed in your house. None of the items goes bad so you can store them for a long time.

- **Radio.** Make sure it is battery-powered or a hand-crank radio
- **First aid kit.** Consider including a first aid book as well
- **Keys.** Extra keys for your home and vehicle
- **Flashlight.**
- **Extra batteries.**
- **Whistle.** If necessary, use this to signal for help
- **Sanitation supplies.** This includes trash bags, twist ties, moist towelettes, feminine supplies and personal hygiene items
- **Wrench or multi-purpose tool**
- **Manual can opener.** Necessary if your food supply is in cans
- **Local Maps**
- **Charged cell phone battery.** Have an extra battery on-hand in case you don't have electricity to charge your original battery
- **Prescription medication and glasses.** Include: insulin, hearing aids and extra batteries, denture needs, contact lens solution, etc.
- **Infant formula and diapers**
- **Pet food and extra water**

## Other Supplies:

- **Important documents.** This can include: copies of insurance policies, identification documents and bank account records
- **Blankets.** A blanket or sleeping bag for each person. Consider having more blankets if you live in a cold climate.
- **Change of clothing.** This should include a long-sleeve shirt, pants and sturdy shoes. Consider more layers if you live in a cold climate.
- **Fire extinguisher**
- **Matches**
- **Paper and pencil**
- **Duct tape**
- **Rain gear**
- **Two-way radio**
- **Medication list.** And/or a history of pertinent medical information
- **Games and books.** Activities to keep children occupied

## Food Kit Contents



The food kit doesn't need to be something separate from your regular food shopping. Just be sure you always have enough food for three days in your pantry

- **Canned meats,** such as tuna, salmon, chicken or turkey
- **Canned vegetables,** such as green beans, carrots, etc.
- **Canned soups and chili.** Soups and chili can be eaten straight out of the can
- **Trail mixes,** they're best if they include dried fruit and nuts
- **Granola bars and power bars.** Healthy and filling, these portable snacks usually stay fresh for at least six months.
- **Peanut butter**
- **Whole wheat crackers**
- **Cereal.** Multigrain varieties usually don't go stale after opening

## Tips



- Teach children emergency numbers as soon as possible
- Make sure everyone in your family knows where the emergency kit is in your home
- Consider giving your emergency contact an extra copy of your keys and copies of important documents