

Your Disaster Supply Kit

Disasters such as fires, tornadoes, floods and ice storms occur each year in Oklahoma. In addition, acts of terrorism present a potential danger.

Everyone in the household should assemble a disaster supply kit and keep it up to date.

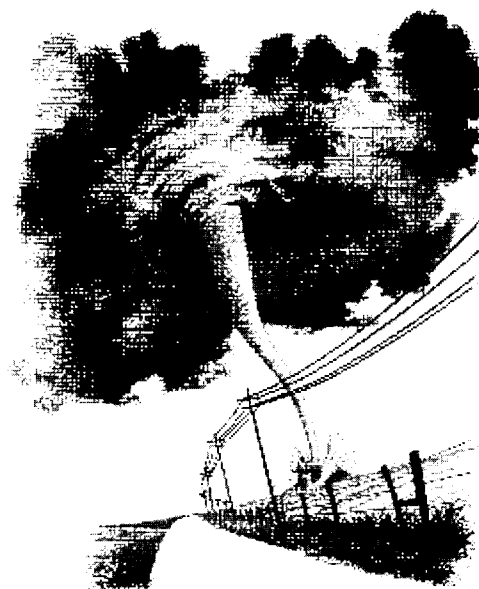
Protecting yourself and your family when disaster strikes requires planning ahead. Developing a disaster supply kit will provide you with the essentials in case of an emergency.



Are You Prepared For an Emergency?



Build Your Disaster Supply Kit



601 NE 6th Street
Oklahoma City, OK 73104
405 228-9500
405 228-3958 (fax)
Web site: www.okc.redcross.org

United Way
Partner Agency



It's not a matter of "if" a disaster occurs, but "when" a disaster will occur.

A backpack is recommended for your kit to free both hands. If this is not an option, use a duffel bag, small suitcase or other easy-to-carry piece.

There are six basic items you should stock in your kit.

1. Water - the Department of Health recommends one gallon per person per day, minimum three day supply to store in your shelter in place. Also, have a smaller amount of water in your supply kit.

2. Food - non-perishables that do not need to be cooked. Include a can opener.

3. First aid and medical supplies - first aid kit and a two-day supply of all medications with a list of their names and dosages.



4. Clothing and emergency blanket- an extra pair of clothes, sturdy shoes, leather gloves, spare pair of glasses and an emergency blanket. The blanket is made of aluminum laminated polyethylene.



5. Tools and emergency supplies - transistor radio or National Weather radio (battery operated), flashlight, extra batteries, lightstick, utility tool (Swiss, Gerber, Leatherman, etc.), trash bags, whistle, hammer, screwdrivers, pliers, wrench, duct tape and a plastic drop cloth.

6. Special items - Identification such as a passport or photo ID (laminated or put in a waterproof container), important phone numbers, marriage/birth certificates, immunization records, social security number, bank account/ credit card numbers and proof of residence such as utility bills, mortgage, etc.



You should also include - cash (small bills), a toothbrush and toothpaste, hand sanitizer, toilet paper and tissue. Remember food for your pets, leashes and extra water.

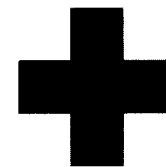
Remember:

- ♦ change your stored water, batteries and non-perishable food every six months.
- ♦ update your kit once a year.
- ♦ ask your physician about storing medications.

- ♦ plan for family members with special needs, such as infants and the elderly or disabled.
- ♦ practice and maintain your plan.
- ♦ get disaster safety information and CPR/First Aid training from the American Red Cross.

Community Education Programs

For more information or to schedule a program for your organization, worksite, school or group, contact the American Red Cross at (405) 228-9500. Program length and topics may be tailored to fit your needs.



American Red Cross