

## Disaster Preparations for your Home

Disasters can occur anytime in any community. Disaster events can be natural or manmade, intentional or unintentional. These can include events such as floods, earthquakes, power outages, hazardous materials spills or epidemics.

If an event occurs, all response agencies will be overwhelmed and there may be a significant delay in receiving help. Essential services, such as fire, EMS, law enforcement and utilities, may be interrupted. It is important for you to prepare - to stay home (shelter in place) or leave the area (evacuate). Your actions should be guided by safety and will depend on the situation. It is also very important for you to pre-plan with your family.

The Federal Emergency Management Agency (FEMA) recommends that each household be self-sufficient for at least three days if evacuating or up to 2 weeks if sheltering in place. This means providing your own food, water, first aid/medical care and sanitation. Your camping equipment may provide many essential items.

For complete recommendations and guidelines from [FEMA](#).

## Family Pre-Planning


- ✚ Include all members of your family (pets and child care providers also) in your plan.
- ✚ Know the disaster plans for your children's school and day care providers.
- ✚ Plan how you will contact each other if separated. Designate a family/friend in another area as phone contact in case phones in your area are not working.
- ✚ Designate a meeting place - one near your home and one out of your area in case you can not return home.
- ✚ Designate escape routes in case of fire or earthquake (reinforce meeting place).
- ✚ Know how to turn off water, electricity and gas if needed.
- ✚ Know your neighbors and identify those that may need assistance.
- ✚ Make disaster kits as needed.
- ✚ Make an emergency phone list for family members.
- ✚ Keep small kit in car or at work.

**Shelter in Place Supplies** - plan for up to 2 weeks; include items that you normally use

- ✚ **Water** - very important! (1 to 1.5 gallons per person per day)
  - Buy bottled water **OR**
  - Store water in clean plastic, glass, fiberglass or enamel lined metal containers. Before storing, treat it with a preservative such as chlorine bleach. Add 4 drops of bleach (5.25% sodium hypochlorite **WITHOUT** any soap) to each quart of water. Store in cool, dry area for up to six months. If in doubt about the safety of the water, boil for 1 minute before using. Water purifiers can also be used.
- ✚ **Food** - select non-perishable foods that require no refrigeration, little or no

water and minimal preparation time; use food from the freezer also.

- Ready to eat soups
- Canned fruit and vegetables
- Canned meat and fish
- Dry spice (salt, pepper, etc.) and mixes (spaghetti, chili, etc.)
- Canned or dry beans
- Pasta, rice and instant potatoes
- Powdered milk
- Oatmeal and other uncooked instant cereals
- Peanut butter and jelly
- Crackers
- Nuts and hard candy
- Instant coffee and tea
- Canned, boxed or powdered juice or drinks
- Dehydrated meals
- Unopened ready-to-eat cereals
- Vegetable oil (as desired for food preparation)

 **Sanitation** - consider age and needs of all household members; water needs are included in:

- Premoistened towelettes
- Hand sanitizing gel
- Disposable towels
- Soap (dish and body soap)
- Wash basin (if needed)
- Feminine hygiene
- Trash bags and containers
- Toilet paper
- Disinfectant or bleach

 **Food Preparation Supplies**

- Aluminum Foil
- Cooking utensils
- Plastic eating utensils & cups
- Can opener (non-electric)
- Firewood (if appropriate)
- Paper plates & napkins
- Pots and Pans
- Wash basins if needed
- Camp stove & fuel (as desired)
- Barbeque and fuel (as desired)
- Food containers/plastic bags
- Trash cans with lids

 **Medical/First Aid Supplies**

- Bandages (assorted sizes)
- Tape
- Gauze pads
- Antibiotic ointment
- Antiseptic/Wound cleansing solutions
- Ace wrap (3 or 4 inch size)
- Gloves
- Sunscreen
- Tweezers
- Thermometer
- Aspirin, acetaminophen or ibuprofen
- Antidiarrhea medicine
- Antacid
- 2 week supply of prescription medication for household

 **Miscellaneous supplies**

- Battery operated radio & extra batteries
- Flashlights and extra batteries
- Lanterns and fuel (do not use in
- Plastic sheeting (to cover broken windows/doors)
- Matches (consider waterproof)
- Flares

- enclosed environment)
- Whistle
- Cash and/or travelers cheques
- Fire extinguishers (ABC type)
- Duct tape
- Tools (hammer, pliers, screwdrivers)
- Trash bags
- Paper & pen/pencil
- Sewing supplies
- Wrench to shut off gas & water
- Cell phone & extra battery