

Get Ahead of What's Ahead.

BUILD YOUR DISASTER SUPPLY KIT



**JEFFERSON
COUNTY
LONG TERM
RECOVERY
GROUP**

Build your kit all at once or step by step. Start with what you already have at home; then shop for the rest, as needed.

Pack these basic supplies for each person or pet in a portable container or backpack. A waterproof container is best. You'll need these supplies whether you stay in your home (shelter in place) or evacuate to another location.

You may have to leave in a hurry to get to a safe place. Keep these supplies near your car. When it's time, grab them and go.



FOOD AND WATER

- 3-day supply of non-perishable food, such as canned or pouched food
- 1 gallon of water per day for each person and pet
- Manual can opener
- Baby items (baby food, formula, bottles, diapers)
- Pet supplies (listed on next page)



FIRST AID, MEDICATION, HYGIENE SUPPLIES

- First-aid kit (listed on next page)
- Prescription medications, pain relievers antacids, anti-diarrheal meds
- Soap, hand sanitizer, wipes
- Bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.)
- Toilet paper, paper towels, garbage bags
- Dental care products (toothpaste, toothbrushes)
- Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses)
- Soap, shampoo, personal hygiene supplies
- Sunscreen, insect repellent
- Face masks to filter air



COMMUNICATION, LIGHTING, DOCUMENT BAG ITEMS

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- External rechargeable cell phone battery
- Flashlights and extra batteries
- Matches and lighter - keep in a waterproof container or sealable plastic bag
- Whistle
- Document bag items (listed on next page)



ADD THESE ITEMS FOR EVACUATING BY CAR

- Road maps
- Car repair items (tools, spare tire, tire patch kit, oil)
- Food and water
- Plastic plates, cups and utensils
- Tent, blankets, pillows
- Clothes and sturdy shoes
- Rain gear and towels
- Books, games, toys

Before you leave home

- Fill your gas tank, and check your spare tire
- Take cash, checkbook, and credit cards
- Call your family emergency contact
- Charge your mobile phone
- Get a map of your route

When staying home is your safest choice, add these items to your kit and stay tuned to the news.



ADD THESE ITEMS FOR SHELTERING IN PLACE

- Cash
- Sleeping bag or blankets
- Disposable rain ponchos
- Garbage bags / Zip ties
- Books/puzzles/kids activities
- Pen and paper (make notes of everything)
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)



DOCUMENT BAG CONTENTS

Imagine how hard it would be after a disaster if you couldn't prove your identity or have access to your bank account. Avoid difficult situations by making copies of important documents and keeping them in a waterproof bag.

- Current photo IDs, driver licenses, birth records, Social Security cards, passports (always keep your Social Security number separate from other documents to decrease risk of identity theft)
- Current photos of family members in case you get separated
- Health insurance and prescription cards
- Medical records, medications and dosages
- Phone numbers (family, friends, doctors)
- Bank account information
- Wills
- Insurance documents (homeowner, renter, vehicle, life)
- Property deeds, leases, mortgages
- Vehicle titles, insurance, leases, loan documents
- Inventory of household possessions and their value (take photos of every room, every drawer, every closet)
- Backup computer files (on a USB drive)
- Copies of important keys
- Utility bills (to prove where you live)



PEOPLE WITH DISABILITIES AND THOSE WITH ACCESS AND FUNCTIONAL NEEDS

Think about your day-to-day needs for independence. Plan now for your health away from home. Label medical equipment with your contact information.

- Wheelchairs, walkers, and canes
- Cooler with cold packs for medications
- Extra medications and dosages
- Copies of prescriptions and medical alert tags
- Food for special diets
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Communication devices
- Supplies and documentation for service animals



FIRST-AID KIT CONTENTS

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Pain reliever, such as aspirin, ibuprofen or acetaminophen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First-aid instruction booklet



PET SUPPLIES

- 3-day supply of food, water, and bowls
- Pet medications and first-aid kit
- Vaccination records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Cat litter and box
- Photo, in case pet gets lost

OTHER ITEMS

- Portable generator
- Extension Cords
- Gas cans (filled)
- Portable propane refills
- Grill or Blackstone-type cooktop
- Small window unit
- Portable cell phone charger