

Office of Emergency Management

Blizzards? Hurricanes? Droughts? Tornadoes? Terrorism? Extended power/water outages?

Pick any one of the above potential disasters and ask yourself if you and your family are prepared. Are you prepared for 5 days of no water, no electricity, no telephone, no heat, disruptions of essential services?

Prepare a family disaster plan Have supplies on hand for up to 5 days:

Water:

- One gallon of water per person per day for at least three days, for drinking and sanitation
 - Children, nursing mothers, and sick people may need more water.
 - If you live in a warm weather climate more water may be necessary.
 - Store water tightly in clean plastic containers such as soft drink bottles.

Food:

- Store at least a three-day supply of non-perishable food.
 - Select foods that require no refrigeration, preparation or cooking and little or no water.
 - Pack a manual can opener and eating utensils.
 - Avoid salty foods, as they will make you thirsty.
 - Choose foods your family will eat. Some suggestions include: Ready-to-eat canned meats, fruits and vegetables, Protein or fruit bars, Dry cereal or granola, Peanut butter, Dried fruit, Nuts, Crackers, Canned juices, Non-perishable pasteurized milk, High energy foods

First Aid Supplies:

- Vitamins.
- Food for infants.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.
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First Aid Kit:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
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- Cleansing agent /soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever.
- Anti-diarrhea medication.
- Antacid (for upset stomach)
- Aspirin or non-aspirin pain reliever
- Sanitary Napkins

Tools and other supplies:

- Cell Phone.
- Whistle to signal for help.
- Dust mask: to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.
- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Emergency reference material such as a first aid book or information from www.ready.gov.
- Pet food and extra water for your pet.
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher.
- Matches in a waterproof container.
- Paper and pencil.
- Books, games, puzzles or other activities for children

THIS LIST IS NOT ALL INCLUSIVE. EACH PERSON SHOULD EVALUATE THEIR LOCAL CONDITIONS AND SEEK LOCAL PROFESSIONAL ADVICE FOR ADDITIONAL SUPPLIES WHICH MAY BE UNIQUE TO YOUR AREA

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