

How to assemble an Emergency / Disaster Kit and Supplies for you and your family.

Sources:

American Red Cross,

<http://www.redcross.org>

Federal Emergency Management

Agency <http://www.fema.gov>

# Disasters

- Natural , Earthquake, Flood, Fire, Hurricane, ( Florida 2004, Thailand 2004)
- Manmade, Fire, Chemical Spill
- (Chernobyl Russia, Bophal ,India)

Many people were without protection or resources after these events.

# Why Supply yourself?

- Article Published: Tuesday, September 28, 2004 Long lines for food, water, generators forming in Florida.
- 4th hurricane in 6 weeks brings FEMA's biggest relief effort By Mike Schneider The Associated Press.
- Asia, Dec 26 2004 Over 100,000 people were caught in Tsunami.  
( The Pacific Ocean has better warning systems)

# Earth Quake



# FLOOD



# FIRE, FOREST, WILD LANDS



# Storm or Hurricane



# Surviving a Disaster Your Family Disaster

## Supplies Kit, your plan and special considerations

- Assemble supplies
- Inventory special needs (special medications, foods, needs for family members with mobility concerns, hearing or vision issues)
- Preparing for known hazards (e.g. cold weather, earthquakes, floods, SARS type events)
- Preparing for evacuation, or sheltering in place, home, work, children in schools.
- Other events, failing infrastructures, bridges out, etc.



# Creating a Disaster Kit

Terminal Learning Objective

Creating a Disaster kit for you and your family in order to survive for at least 72 hours in case of natural or man made disaster or emergency.

# The Basics

## Enabling Learning Objective 1

- Identify what you need
- How to pack it in case of evacuation
- Special needs for you or a family member or neighbor

# 3 Day Kit / 72 hours

- Assemble your kit into containers or packs for all family members
  - Ensure kits are easy to get to, and to transport if evacuation is necessary
  - Each kit contains only those items needed
  - ( More on special needs later)
  - NOTE if special medical needs are an issue even in a 72 hour kit take 7 days worth of medicines.
- Obtaining a re supply could be a while.

# Kit continued

Needles, thread, Medicine dropper, Shut-off wrench, to turn off household gas and water, Whistle, Plastic sheeting, Map of the area (for locating shelters)

## **Sanitation**

Toilet paper, towelettes\*, Soap, liquid detergent\*, Feminine supplies\* Personal hygiene items\* Plastic garbage bag, ties (for personal sanitation)

Plastic bucket with tight lid, Disinfectant Household chlorine bleach , Mess kits, or paper cups, plates and plastic utensils\*

Emergency preparedness manual\*

Battery operated radio and extra batteries\* Flashlight and extra bulbs, batteries\*

Cash or traveler's checks, change\* Non-electric can opener, utility knife\*, Fire extinguisher: small canister ABC type, Tube tent, Pliers/,Tape, Compass, Matches in a waterproof container, Aluminum foil, Plastic storage containers

# Informational check

- A basic Kit should have the following;
- Your 6 Basic groups:
- Water, Food, Clothing and Bedding,
- Tools, Supplies, First Aid Kit
- Those items that are not covered by the Kit, that you need, Walkers, additional support items, Bee sting kits, all items are situation based.
- Hold you for at least 72 hours.
- Be portable.

# 6 Basic Parts to your kit

1. Water, Minimum 1 Gallon Per person per day,  
(Suggestion 2 gallons/person/day)
2. Food (pots, plates, flatware, etc.)
3. First aid supplies, (Special Medications)
4. Clothing and bedding, (remember weather conditions)
5. Tools and emergency supplies
6. Special items

# Kit part 2

- Clothing suitable for local conditions
- Sleeping bags and or sheets and blankets
- Pets may NOT be allowed in a shelter if you have to evacuate, see pets section later in the presentation.

# Additional Items in your kit

Can opener, heating equipment for food or drink, (e.g. Sterno and stove, heat tabs, MREs with heaters etc.)

Trash bags for waste, garbage, Toilet Paper and diaper wipes, soap, hand sanitizers, sealable container with lid or “porta potty” ( for extended use) First aid Kit, Flashlight with batteries and spare bulbs. Spare change ( \$20.00 in coins, for payphones, and prepaid calling card) Addresses and phone numbers of relatives or friends to contact, use a source for family communications A friend can get the calls you can not, and inform other members of where you are and who has called ( Great for when you must evacuate)

Hygiene items, toothbrush, dental floss, toothpaste, soap, tampons/MAXI PADS, shampoo, razors, lotion if needed.



# Preparing your kit.....

One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

- To prepare your kit
- Review the checklist.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in
- an easy-to-carry container. These supplies are listed with an asterisk (\*).

## Kit Continued

- Water
- Store water in plastic containers such as soft drink bottles. Avoid using
- containers that will decompose or break, such as milk cartons or glass bottles.
- A normally active person needs to drink at least two quarts of water each day. ( note I personally recommend doubling this per person per day.)
- Hot environments and intense physical activity can double that amount.
- Children, nursing mothers and ill people will need more.
- here are six basics you should stock in your home:
- water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.
- Keep the items that you would most likely need
- during an evacuation in an easy-to-carry container —
- suggested items are marked with an asterisk (\*).
- Possible containers include a large, covered trash container,
- camping backpack, or a duffle bag.
- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/ sanitation)\* (Note Double These Amounts)
- Keep at least a three-day supply of water for each person in your household.

## More on Supplies

- **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. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. (bring a small pot to cook in)
- \*Include a selection of the following foods in your Disaster Supplies Kit:
  - Vitamins , Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals lollipops, instant coffee, tea bags.

# A first aid kit\* should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Additional medications as needed by family members (babies, elderly)

## First Aid Kit part 2

- Assorted sizes of safety pins
- Sterile adhesive bandages in assorted sizes, 2-inch sterile gauze pads (4-6) , 4-inch sterile gauze pads (4-6) , Hypoallergenic adhesive tape , Triangular bandages (3) 2-inch sterile roller bandages (3 rolls) , 3-inch sterile roller bandages (3 rolls) , Scissors , Tweezers , Needle Moistened towelettes, Antiseptic , Thermometer , Tongue blades (2) , Tube of petroleum jelly or other lubricant .  
Assorted sizes of safety pins , Cleansing agent/soap , Latex gloves (2 pair) , Sunscreen ,Non-prescription drugs Aspirin or non aspirin pain reliever, Anti-diarrhea medication , Antacid (for stomach upset) Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center) ,Laxative ,Activated charcoal (use if advised by the Poison Control Center)
- Optional additions :
- Portable Ice packs, Heat packs, SAM Splint, Space Blanket
- **NOTE check any and all medications for expiration dates, check the kit and re stock when used or every 6 months minimum!**

# Special Needs part 1

- For Babies \*:
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- (Note Remember these are basics)

## Special Needs part 2

For Adults \*:

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- (NOTE THESE ARE BASICS, Ask your physician or pharmacist about storing prescription medications. )

# And of course.....

- Entertainment, Games and books
- Important Family Documents
- Keep these records in a waterproof, portable container:
  - Will, insurance policies, contracts deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.



## Examination

- How many parts to a disaster kit?
- How long should the kit last per person?
- How much water per person per day should be in your kit?
- If it applies, are special medical needs part of your family disaster kit?
- If it applies, does the section on people with disabilities have significance in your plan or kit?
- Do you have an existing plan?
- When putting food into your kit, what items should you include?
- What are two sources of information about emergency and disaster supplies and kits?
- How often should you check your supplies?

# Answers

- How many parts to a disaster kit? 6
- How long should the kit last per person? 72 hours
- How much water per person per day should be in your kit? 1 gallon/person/day
- If it applies, are special medical needs part of your family disaster kit?(yes/no)
- If it applies, does the section on people with disabilities have significance in your plan or kit?
- (yes/no)
- Do you have an existing plan? (yes/no)
- When putting food into your kit, what items should you include? ( Hint Slide 23)
- What are two sources of information about emergency and disaster supplies and kits?
- [HTTP://WWW.FEMA.GOV](http://WWW.FEMA.GOV), [Http://WWW.REDCROSS.ORG](http://WWW.REDCROSS.ORG)
- How often should you check your supplies? ( every 6months MINIMUM)