

DISASTER SUPPLIES

PART TWO



So, you've remembered the food and water, but what about that can opener, or the cups for drinking? And you've still forgotten your toothpaste?

There are a few more things to keep in your emergency kit than just food and water. This second segment on emergency supplies covers basics on preparing the additional supplies you need.



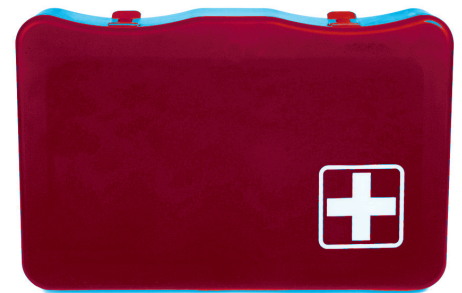
Flashlights

Following storms, earthquakes, and other natural disasters, loss of electricity and lighting is common. It is useful to store flashlights in preparation. Store one flashlight per person with extra batteries and light bulbs. A more sustainable choice would be to use hand, solar, or shake powered flashlights. Consider keeping a small flashlight attached to your key chain in order to have emergency lighting at all times. Flashlights are safe to use after an earthquake. Do NOT use matches, candles, or other open flames in the aftermath of a disaster unless you are sure there are no gas leaks.



Medical Supplies

Unfortunately, injuries are a common occurrence in a disaster. Have a complete first aid kit and manual. Another flier in the YHYSOC series is dedicated to putting together a good first aid kit. In addition to first aid supplies, remember that pharmacies and stores may be closed in the wake of a disaster. Be sure to include prescription and over the counter medications, as well as an extra set of eye glasses, contact lenses, hearing aid batteries, and any other supplies you may need. Also, keep a list of all medications and dosages, allergies, doctors' names, and nearby hospitals.



Radios

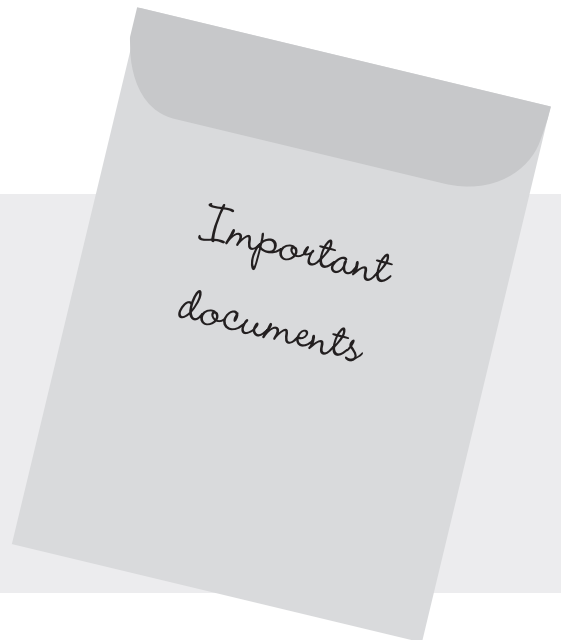
Without a portable radio or other communication device, it can be days after an earthquake or other disaster before news reaches you about what happened, what to do, and where to go for help. Keep a battery-powered or hand-crank radio in your kit. Don't forget to include extra batteries to ensure you will stay informed. Tune into stations transmitting the Emergency Broadcast System (EBS), which are usually public radio stations and major broadcasting stations. The EBS allows federal and local government agencies to relay emergency information about road conditions, shelter sites, and conditions of drinking water, for example, which are important to know in the event of an emergency.



Personal Documents

Wait, who are you? Make sure you can identify yourself and your property. Ensure you have copies of all important documents in your kit such as medication lists and other pertinent medical information, proof of address, deed/lease to home, credit cards, passports, birth certificates, and insurance policies.

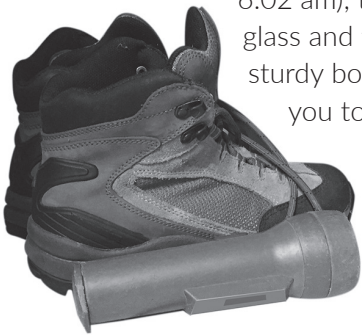
Important documents



Clothing, Bedding, Sanitary Supplies

Include extra toilet paper, feminine supplies, personal hygiene products, garbage bags, bleach, blankets, and any other personal products you may need. Be sure to add extra changes of clothing and footwear for each person. If you live in a cold or a wet climate, you must think about warmth. It is possible that you will not have heat. One item that is essential to have in every emergency preparedness kit is an emergency blanket which can be used to provide assistance to a person in emotional shock and as a source of warmth during a power outage or winter storm.

Two further items that are incredibly useful in an emergency are gloves and sturdy shoes. After the 1971 earthquake in California (which occurred at 6:02 am), the most common injury was cut feet from broken glass and fallen objects. Having accessible work gloves and sturdy boots can prevent these common injuries and allows you to be prepared to help others faster and more safely.



Cell Phone

Cell phones can either be incredibly useful, or entirely useless during an emergency. As long as cell towers have not been knocked out, having a cell phone will allow you to communicate with rescue services and people out of the area. Include a charger that does not need electrical power to operate, such as a car charger or solar powered charger.

Cash

Following a disaster, banks and ATMs may be closed. Consider keeping some travelers checks, small bills, and change on hand. The Red Cross suggests you keep enough cash for 72 hours without access to a cash machine or credit cards.



Contact Information

Whom do you call?
Everyone should have emergency contact information in writing and programmed into their cell phones. Keep a list of family phone numbers and e-mail addresses including out of area contact information in your emergency preparedness kit.



Map

Include a detailed map of the surrounding areas with highlighted evacuation routes. Following a disaster, roads may be closed and transportation out of the affected area may not be possible. Even though you may know your way around town, roads may be blocked or there may be unexpected detours.

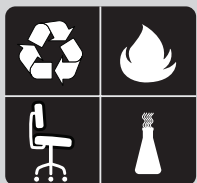


Essential Emergency Supplies:

- Water: one gallon per person per day (at least a 3-day supply; 2-week supply recommended)
- Food: (at least a 3-day supply; 2-week supply recommended)
- First Aid kit
- Radio: battery-powered or hand crank (NOAA Weather Radio, if possible) and extra batteries
- Flashlight and extra batteries
- Adjustable wrench to turn off utilities
- Plastic sheeting and duct tape to provide shelter
- Whistle to summon help
- Dust mask to filter contaminated air
- Garbage bags, ties, toilet tissue, moist towelettes for personal sanitation
- Local maps and a compass
- Family and emergency contact information

Additional supplies:

- Medications for 7-day minimum, extra eyeglasses, hearing aid batteries, other medical items
- Multi-purpose tool
- Toothbrush, toothpaste, floss, and other personal hygiene items
- Mess kit or paper cups, plates, plastic utensils, paper towels
- Manual can opener, aluminum foil, plastic containers and bags
- Emergency blanket or a sleeping bag/warm blanket for each person
- Water purification supplies: filters, tablets, or household chlorine bleach (to disinfect, use nine parts water to one part bleach; to treat water, use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners).
- Work gloves, sturdy/work shoes, extra clothing, hat, rain gear
- Fire extinguisher
- Copies of personal documents, i.e., drivers license, insurance policies, bank account records, photos of house and property, stored in a waterproof container
- Extra cash and rolls of quarters
- Paper, pencil
- Axe, shovel, pry bar, staple gun, broom
- Glow sticks or light sticks
- Pet supplies such as food, carrier, bowl, water, vet records
- Sewing kit, tweezers, safety pins
- Books, games, puzzles



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Health and Safety

Sources...and for more information

The American Red Cross — <http://www.RedCross.org>

US Department of Homeland Security — <http://www.ready.gov>

Federal Emergency Management Agency — <http://www.fema.gov>