

## EMERGENCY PREPAREDNESS

Following a crisis, basic services (including electricity, water, gas, and telephone) may be cut off for days. You may have to evacuate at a moment's notice. You won't have time to shop or search for needed supplies. Much better to collect supplies *now*, enough to last **at least three days** in sturdy, easy-to-carry containers such as:

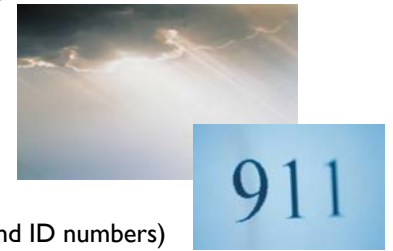
- ◆ Backpacks
- ◆ Duffle bags
- ◆ Covered trash cans, preferably on wheels with a heavy duty hand truck
- Check disaster kit two times a year (when the clocks change- good time) to replace old batteries and change the water & food supplies. Modify the contents of kits for your personal situation. Inventory & repack each kit quarterly, making seasonal adjustments and keeping the weight & size low.
- Store kits in convenient place known to all household members- preferably somewhere cool, dry, and dark

### ESSENTIAL KIT: Tailor to situation and needs

- ◆ There is no perfect emergency kit
- ◆ Your ability to strategize and prepare is the most important survival equipment of all
- ◆ Replace batteries at least two times a year

### ■ Supplies

- **Vital documents** in a fireproof and waterproof container, where easily grabbed
  - Copies of insurance policies
  - Bank account records
  - Birth, marriage, and death certificates
  - Contracts, deeds, stocks & bonds
  - Vaccination records
  - Passport
  - Credit card account numbers and companies
  - Inventory of valuable household goods (preferably with photos and ID numbers)
  - Social security cards
  - Will
  - Family records, medical records, and tax records
  - Include any information related to operating necessary equipment or life-saving devices
  - Make sure that a trusted friend/ family member has copies of these documents
- Portable, battery powered, *AM/FM, weatherband/TV band* NOAA weather radio with tone alert
  - Store extra batteries separately
- Camping stove & fuel
- Smoke detectors (check batteries)
- Fire extinguishers: small canister, ABC type
- Battery powered lanterns
- Crank type, long-life, emergency flashlight with a supply of extra batteries and extra bulbs
- Plastic bags (sealable and non-sealing)
- Garbage bags plastic ties
- Aluminum foil
- Plastic storage containers
- Tarps/canopies
- Needles, thread
- Scissors
- Signal flare
- Carbon monoxide detectors
- An extra set of car and house keys
- Dust mask to help filter contaminated air
- Whistle to signal for help
- Plastic bucket with tight-fitting lid



LOCAL CHILD CARE  
PLANNING COUNCIL

- Money in a water proof container (small denominations & coins for use in a pay phone)
  - Credit cards, cash, or traveler's checks
- Disposable cups, bowls, and utensils
- Wet towelettes, wipes
- Tools
  - Wrench to turn off household gas and water
  - Hammer
  - Screwdriver
  - Pliers
  - Wire cutter
  - Pry bar
  - Utility knife
  - Work gloves
  - Pair of goggles
  - Duct tape
  - Hard hats
  - Nails
  - Shovel
  - Wire cutters
  - 10-ft rope
  - Axe
  - Rope ladder
- Plastic sheeting (pre-cut)
- Compass
- Blankets
- Tube tent or other portable shelter
- Sleeping bags
- Pillows
- Candles and safe candle holder
  - Plumber's candles contain more stearic acid- they're more solid & burn a long time
    - Reminder: Two sources of light; two sources of fire
  - Moisture proof matches in water proof container or butane lighters
- ◆ Mechanical, non-electrical can opener
- ◆ Safety pins, assorted sizes
- ◆ Marker bandana
- ◆ Charged cell phone &/or walkie talkies
  - Telephone that does not require electricity
  - Calling card
  - Plug in phone
- ◆ Mess kits
- ◆ Tissues/Kleenex
- ◆ Swiss Army Knife
- ◆ **Paperwork**
  - Fact sheets on variety of disasters
  - Personal identification
  - Address/Phone Book
    - List of emergency phone numbers
    - Include names and numbers of everyone in personal support network, as well as medical providers
  - Instructional manual on Emergency Preparedness
  - Emergency Communication Plan cards
  - Photocopies of credit and identification cards
  - Floor plan of your home and mark two escape routes from each room

- Local maps, preferably topographical (for identifying evacuation routes or shelter locations)
- Written directions to designated evacuation site
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Copy of the emergency plan
- Notepad and pens/pencils, marker
- ◆ One change of **clothing** and substantial **footwear** per person (including underwear & **several** pairs of socks)
  - Choose sturdy long pants, long-sleeved shirts and sturdy shoes (work or hiking boots)
    - You may live as long as your feet function in a survival situation
  - Include eye-catching items (brightly colored shirts or bandanas)
  - Thermal underwear
  - Sunglasses
  - Rain gear
  - Coat, mittens, scarf, hat and heavy gloves
    - Wool is light, fire-resistant, and maintains its insulating properties when wet
  - Wind/Water Resistant Jacket for each person

### **SANITATION KIT**

- ◆ John paper
- ◆ Soap
- ◆ Personal/feminine hygiene items
- ◆ Paper towels
- ◆ Disinfectant
- ◆ Plastic bags and ties

#### **How to make an emergency toilet**

- ◆ Place a plastic garbage bag inside a five gallon plastic bucket
- ◆ Place a small amount of bleach in the plastic bag, after each use. Cover tightly.
- ◆ After several uses, change to a new bag
- ◆ Bags should then be placed in another bag, until they can be properly disposed of
  - Make an improvised toilet seat

### **WATER**

- People can live without a Rambo knife but hypothermia or dehydration are frequent killers
- Know where any local natural water supplies are located
- Water (one gallon of water per person per day) for at least three days, for drinking, cooking/food prep, and sanitation in easy-to-reach areas
  - Store tightly in cool, dark place in clean plastic containers, as milk containers will break down and leak
    - Use plastic containers or non-breakable containers, fiberglass, or enamel-lined metal containers
      - Never use a container that has held toxic substances even if washed
    - Have water available in smaller quantities (16 oz soft drink bottles to avoid waste)
      - Safest and most reliable emergency supply of water, purchase commercially bottled water. Keep bottled water in its original container & don't open it until you need to use it
  - Use commercial water purifiers, disinfectants, or filter system
    - Safe water sources in your home include the water in your hot-water tank, pipes, and ice cubes
      - Learn how to remove water from your hot water heater in case you need it
        - Be sure to turn off the gas or electricity to the tank before draining off the water for emergency use
        - You should not use water from toilet flush tanks or bowls, radiators, waterbeds, or swimming pools/spas
  - Boiling is the safest method of treating water

- Purify water by boiling it for 3-5 minutes
  - Remember to store water for pets
- Chlorine bleach and medicine dropper
  - Nine parts water to one part bleach- disinfectant
  - Treat water- 16 drops of regular household liquid bleach per gallon of water
    - Let water stand for 30 minutes before drinking
  - Do not use scented, color safe or bleaches with added cleaners
  - Place small bottle of bleach in evacuation kit, also
- Include pot for boiling water
- Change water every six months

## **FOOD**

- ◆ Change food every six months
- ◆ Camping stove with fuel
- ◆ Store foods in a single or family meal-size package
  - May not have a way to refrigerate leftovers
  - Keep food covered in a cool, dry spot at all times
  - Store the emergency food supplies in areas that are safe, secure and easy to reach in most disasters
  - Choose familiar foods that children are most likely to eat
- ◆ Put in as much food as you believe you will need for three days to two weeks, then double it
  - Maintain a dated minimum 72-hour emergency supply of food that does not require refrigeration and can be kept for long periods of time
    - ◆ Non-perishable food (Lightweight, smaller cans to avoid waste)
      - Ready-to-eat canned meats, such as tuna, sardines, corned beef, chicken, beef, tuna, pork, and fish
      - K-rations, C-rations, canned meals (macaroni and cheese, spaghettios, etc), canned beans, canned & powdered milk, peanut butter, raisins, prunes, dried fruits, crackers, powdered milk, granola, cereals, breakfast bars, trail mix, self-rising flour, and canned/dry soup, to name a few options- include any high energy sources
      - Canned juices
      - Sugar, salt and pepper
      - Canned fruits and vegs
      - Protein or fruit bars
      - Instant coffee
      - Comfort foods such as sugar cookies& hard candy
      - Keep in mind: Foods high in fat, protein, and salt increase thirst
    - Eat canned foods with high liquid content in case of thirst
- ◆ Take food allergies into account when gathering your food, especially nuts
- ◆ Store grains such as cereal and crackers in plastic or metal containers
- ◆ Dispose of any cans with dents, bulges or leaks

## **CHILD CARE CENTER KIT**

- ◆ Class roster
- ◆ Floor plan of home or center and mark two escape routes from each room
- ◆ Provide an adequate supply of drinking water to last the staff and children a minimum of 72 hours (1/2 gallon per child and 1 gallon per adult per day)
- ◆ List of emergency phone numbers and emails for all staff and parents/guardians
  - Updated home and work phone numbers
  - Have information for someone out-of-state, or at least out of the immediate area
  - Have contact information for any off-site supervisor
- ◆ Any critical or emergency medication needed for child and/or with special needs
  - Document clearly any medical needs and/or allergies

- List what those medications are
- ◆ Center emergency kit (2 kits- one to remain in facility, more portable one to evacuate)
- ◆ First aid kit
  - Facilities must place emphasis on safeguarding each child and ensuring that staff members are able to handle emergencies
    - In a study that reviewed 423 injuries, first aid was sufficient treatment for 84% of the injuries
    - The supplies needed for pediatric first aid must be available for immediate use, including rescue breathing and management of a blocked airway
- ◆ Multiple flashlights so that each room has one
- ◆ “Ready to go file”
  - Class roster & attendance list
  - Sign in and sign out sheets
  - Copies of all contact lists
  - Copies of all emergency cards with signed emergency medical care release (consider attaching a picture of the child to this card)
  - Authorization for transportation
    - Consider training more than one staff for larger vehicle driving
  - Copies of care plan for children with special needs
  - Program essential papers (insurance policy, etc.)
  - Local emergency contact and radio information
  - Address, directions (maps) and telephone numbers for designated meeting places
  - Medication administration forms
    - Poison control center number
  - Incident/ injury forms
  - Copy of minimum emergency standards for licensed child care centers
- ◆ Each staff member will know:
  - Location of Emergency Kits
  - Locations of Additional Emergency Supplies
  - Location of Cell Phone
  - Location of designated local shelter
- ◆ Each vehicle shall be equipped with a first aid kit, emergency identification and contact information for all children being transported, and a means of immediate communication to summon help (such as a cell phone)

### **FIRST AID KIT**

- ◆ Any emergency medication needed for child with special needs
- ◆ List of family physicians
- ◆ Fresh supply family’s prescription medications- 10 day supply
  - If not possible to have a 10 day supply of medicines and supplies, keep as much as possible on hand and talk to pharmacist or doctor about what else should do to prepare
  - Extra supply of critical medications such as insulin, asthma, and seizure medications
  - Keep copy of prescriptions as well as dosage and/or treatment information
  - Ask doctor about proper ways to store medicine
  - If medications have a shelf life, always keep the newest medication in portable emergency kit
  - As finish current supply of medication, use one in kit and replace it with new medication
- ◆ Style and serial number of medical devices such as pacemakers
- ◆ Copies of medical insurance, Medicare and Medicaid cards readily available
- ◆ If have a service animal, be sure to include food, water, collar with ID tag, medical records, and other emergency pet supplies
- ◆ If undergo routine treatments administered by a clinic or hospital or if receive regular services such as home health care, treatment or transportation, talk to service provider about their emergency plans
  - Work with them to identify back-up service providers within area and areas might evacuate to
  - If use in-home medical equipment that requires electricity to operate, talk to health care provider about what can do to prepare for its use during power outage

- ◆ Prepare ahead for unusual needs, such as having extra wheelchair batteries & parts and oxygen
- ◆ Better to carry general-purpose items than specialized equipment
- ◆ Put standard first aid kit in emergency kit at home (preferably somewhere close to fire extinguisher)
- ◆ First aid manual or a scout handbook
- ◆ Current American Academy of Pediatrics (AAP) standard first aid chart
- ◆ Ice pack, cold pack, or chemical ice pack
- ◆ Jell-O (pre-packaged instant gelatin dessert)- for hypothermia
  - Make liquid & drink
  - **Non-red** flavor so that when patient vomits in the emergency room, personnel won't assume internal bleeding
- ◆ Aspirin
- ◆ Non-aspirin pain reliever for children
- ◆ Antacid
- ◆ Cotton balls and swabs
- ◆ Sunscreen
- ◆ Gloves (latex and non-latex)
  - Nitrile gloves better than latex gloves
    - Tape won't stick
    - Less chance of allergic reactions
    - Punctures produce large rips so you know they're breached
    - Higher resistance to HAZMATs
  - Include disposable, non-porous protective gloves
- ◆ Bandage materials
  - Thick gauze pads or sanitary napkins
  - Telfa pads 4" X 4"
  - Sterile adhesive bandages (various sizes)
  - Sterile compresses
  - 2-inch sterile gauze pads (8-12)
  - 3-inch sterile gauze pads (8-12)
  - Triangular bandages 37" X 37" X52" (3)
  - 2 & 3-inch sterile roller bandages
  - 1" wide non-allergic adhesive and/or paper tape
  - Assorted sizes of band-aids
  - 2 rolls of flexible cling gauze
- ◆ Plastic bags with ties for handling blood
- ◆ Anti-bacterial ointment
- ◆ **Splint** aids include popsicle sticks, shingles or thin board
  - If you run out, use a heavy newspaper and strong string
- ◆ Triangle type **sling**
- ◆ Tweezers
- ◆ Scissors
- ◆ CPR breathing barrier
- ◆ Non-glass, non-breakable oral or surface thermometer or fever strip
- ◆ Traction splint (Learn to make field-expedient variety)
  - Without traction splint, femur fracture is 80% fatal
  - With proper traction splinting, it's only 20% fatal
  - Small plastic or metal splints
- ◆ Medicine dropper
- ◆ Anti-diarrhea medicine
- ◆ Laxative
- ◆ Stretcher
- ◆ Special equipment

- ◆ Aromatic spirits of ammonia
- ◆ Water purification tablets
- ◆ Baking soda
- ◆ Syrup of ipecac (use only if recommended by the Poison Control Center)
- ◆ Activated charcoal (use if advised by Poison Control)
- ◆ Safety pins
- ◆ Eye dressing, wash, patch, and drops
- ◆ Safety razor blade
- ◆ Needles (sewing type)
- ◆ Pump-type, mild, non-perfumed liquid soaps
- ◆ Hand sanitizer
- ◆ Antiseptic wipes
- ◆ Rubbing Alcohol
- ◆ Alcohol gel
- ◆ Hydrogen Peroxide
- ◆ Antiseptic spray
- ◆ Wooden applicator sticks
- ◆ Surgical masks
- ◆ Vitamins
- ◆ Insect repellent with DEET, Picaridin or oil of lemon eucalyptus
- ◆ Lotion for itching/rash (Calamine, etc)
- ◆ Antihistamine (Benadryl, etc)
- ◆ Cough & cold medicine
- ◆ Disposable washcloths for cleansing wounds
- ◆ Stick deodorant
  - Keeps biting insects away more
  - Doctors scratches
- ◆ Even makeup can benefit
  - Lipstick protect lips; rouge protect skin
  - Fingernail polish keeps fingernails intact

#### **ELDERLY OR DISABLED**

- ◆ Heart and high blood pressure medication
- ◆ Insulin
- ◆ Prescription drugs
  - Replace prescription medications every six months
- ◆ Denture needs
- ◆ Contact lenses, solution, and supplies
- ◆ Hearing aid and extra batteries
- ◆ Aid devices (cane, etc)
- ◆ Extra eye glasses
- ◆ Assistive devices that don't require power to operate

#### **INFANT**

- ◆ If you have a breastfed infant the parent should check with the pediatrician and supply the formula recommended. (Note: *boiled* water is **not** good for infants)
- ◆ Formula
  - Powdered or concentrate infant formula will require extra water
- ◆ Infant cereal and jarred food
- ◆ Diapers & bag
- ◆ Bottles
- ◆ Medications
- ◆ Carrier

- ◆ Wipes
- ◆ Hat and jacket
- ◆ Footie sleepers

### **EXTRAS FOR CHILDREN**

- Toys
- Games
- Books
- Coloring books, crayons
- Special stuffed animal or comfort toy
- For family: playing cards, etc

### **PETS**

- In air tight, waterproof container, place:
  - Canned and dry pet food
  - Food and water bowls
  - Three-day supply of food + can opener
  - Water
  - Extra leash & collar
  - Vaccination/vet records
  - Picture of pet/s
  - Medications & supplies
  - Vet's name and phone number
  - Have sturdy pet carrier available
    - If pets can't go to shelter, be sure to plan for them to go somewhere else

### **IN VEHICLE**

- ◆ Half-a-tank of gas is *empty* in emergency situations- refuel at that point
  - Every time refuel- check coolant level, oil level, and tire pressure
- ◆ If have *extensive* emergency kit in car, one smaller version should be detachable and easily portable in case have to abandon car
- ◆ Jumper cables
- ◆ Extra blankets, preferably wool or space blankets
- ◆ One or more flashlights and batteries
- ◆ Reflectors and/or flares
- ◆ Extra set of car keys