



FOR IMMEDIATE RELEASE

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## Red Cross Encourages Individuals to Be Prepared for Disasters

September is National Preparedness Month, and the American Red Cross is encouraging individuals to take the necessary steps to be prepared for any type of disaster.

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood, workplace or school or can confine you to your home. The best way to make you and your family safer is to be prepared before disaster strikes. The American Red Cross encourages you to:

- Make a Plan
- Get a Kit
- Be Informed

### -Make a Plan

- Make a [family communications plan](#) that includes an [evacuation plan](#) and coordinates with your school, work and community communication plans. Practice this plan with your entire family.

### -Get a Kit

- Build a [disaster supplies kit](#) that includes enough supplies for each family member for three days. Remember to check your kit every six months.

There are six basics you should stock for your home in the case of an emergency: [water](#), [food](#), [first aid supplies](#), [clothing and bedding](#), [tools and emergency supplies](#), and [special items for medical conditions](#).

Keep the items that you would most likely need during an evacuation in an easy-to carry container. Below is a comprehensive list of what should be included in your kit – recommended items are marked with an asterisk(\*)

Possible containers include a large, covered trash container, a camping backpack or a duffle bag.

#### 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. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).\*

## **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.

Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

## **First Aid Kit**

Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield.

## **Non-Prescription Drugs**

- Aspirin or nonaspirin 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)

## **Tools and Supplies**

- Mess kits, or paper cups, plates, and plastic utensils\*
- Emergency preparedness manual\*
- Battery-operated radio and extra batteries\*

- Flashlight and extra 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
- Signal flare
- Paper, pencil
- 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 bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

#### **Clothing and Bedding**

\*Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses

#### **Special Items**

- Remember family members with special requirements, such as infants and elderly or disabled persons

#### **For Baby\***

- Formula
- Diapers
- Bottles

- Powdered milk
- Medications

#### **For Adults\***

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

#### **Entertainment (based on the ages of family members)**

- Games (cards) and books
- Portable music device

#### **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 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.

### **-Be Informed**

- Know what may happen and how you can help
  - Learn what disasters or emergencies may occur where you live, work and play and how they can affect you, your family and community
  - Identify how authorities will notify you and how you will get important information
  - Learn what you can do to prepare by contacting your local chapter of the American Red Cross to ask about first aid, CPR and disaster training
  - Share what you have learned