

Getting Ready for an Emergency

Make
"Happen"

Advocate // Collaborate // Participate



New Jersey Council on
Developmental Disabilities

New Jersey Council on Developmental
Disabilities

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Fill this out - put a copy with your emergency kit.

Doctors: _____

Other: _____

Pharmacist: _____

Medical Insurance: _____

Homeowners/Rental

Ins: _____

Vet/Kennel (for pets): _____

Police Non-Emergency: _____

Fire Non-Emergency: _____

In State Contact

Name: _____

Telephone: _____

Number(s): _____

E-Mail: _____

Out of State Contact

Name: _____

Telephone: _____

Number(s): _____

E-Mail: _____

Emergency Supply Kit

Another name for this is the **Go Bag**. Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a backpack or duffle bag. These supplies are listed with a star*.

To prepare your kit

- Review the checklist in this book.
- Gather the supplies that are listed.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry bag.

The supplies you will need for an evacuation are marked with a star*.

WATER - Store water in plastic containers such as soda bottles. Do not use containers that will fall apart or break, such as milk cartons or glass bottles. People need to drink 2 quarts of water a day. Hot weather and a lot of physical activity can double that amount to 4 quarts of water per day. Children and people who are ill will also need additional water.

- Store one gallon of water per person per day. (2 quarts for drinking, 2 quarts for food preparation and cleaning up)
- Keep at least a 3-day supply of water for each person. A 3-day supply is 3 gallons of water for each person.

FOOD - Store at least a 3-day supply of food that will not spoil. Choose foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Choose foods that are small and light weight.

- Ready to eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if any of these items are powdered, store extra water for mixing)
- Sugar, salt, pepper
- High energy foods, peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for special diets
- Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags



COMMUNICATION PLAN

You may not be with your family or support people when disaster happens, so plan how you will contact one another and practice what you will do in different situations.

Fill this out - put a copy with your emergency kit.

Where to go in an emergency. Write down where you spend most of your time; work and other places you go. Then write the evacuation location for each of these places.

Home

Address: _____

Phone Number: _____

Neighborhood Evacuation

Location: _____

Regional Evacuation

Location: _____

Another place you go

Name of place: _____

Address: _____

Phone Number: _____

Evacuation Location: _____

Another place you go

Name of place: _____

Address: _____

Phone Number: _____

Evacuation Location: _____

SUGGESTIONS AND REMINDERS

- Store your kit in a place known to everyone in your home. Keep a smaller version of the kit in your car.
- Keep items in air tight plastic bags.
- Change stored water every 6 months so it stays fresh.
- Get new stored food every 6 months.
- Rethink your kit needs at least once a year. Replace batteries, update clothes (maybe your size has changed), etc.
- Ask your doctor or pharmacist about storing prescription medications.

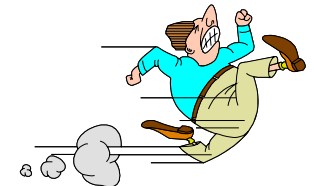


REMEMBER; Call 911 for all emergencies when you need help.



TOOLS

- Mess kits or paper cups, plates and utensils*
- Battery operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash, travelers checks, change*
- Non-electric can opener, utility knife*
- Map of the area
(for locating shelters)*
- Emergency Preparedness Manual*
- Fire extinguisher: small - ABC type
- Tent
- Pliers
- Duct tape
- Compass
- Paper, pencil
- Signal flare
- Whistle
- Plastic sheeting
- Pocket knife
- Medicine dropper
- Matches in a waterproof container
- Plastic storage containers, bags
- Shut-off wrench, to turn off house gas and water
- Sewing kits (needles, thread)
- Aluminum foil



SANITATION

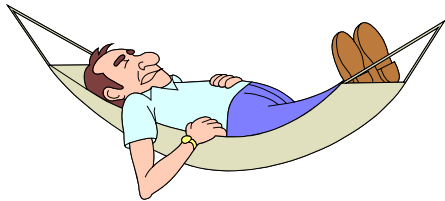
- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach



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*
- Sunglasses
- Thermal underwear*
- Hat and gloves



FIRST AID KIT*- Assemble a kit for your home and one for each car or van. A first-aid kit should include:

- Band-aids in different sizes.
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- First aid adhesive tape
- 2-inch roller bandages (3 rolls)
- 3-inch roller bandages (3 rolls)
- Vaseline
- Different sizes of safety pins
- Body soap
- Moistened towelettes
- Thermometer
- Latex gloves
- Sunscreen
- Scissors
- Needles
- Tweezers
- Antiseptic
- Tongue blades (2)
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Laxative
- Antacid (for upset stomach)

