



FAMILY EMERGENCY SUPPLIES KIT



There are six basics you should stock in your home:

1) water, 2) food, 3) first aid supplies, 4) clothing & bedding, 5) tools & emergency supplies, 6) special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container, a sturdy trunk-like storage container, a camping backpack or a duffel 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. For more information on water storage and water purification methods visit www.fema.gov/pdf/library/f&web.pdf.

- Store one gallon of water per person (two quarts for drinking, two quarts for food preparation/sanitation.)
- Keep at least a three-day supply of water for each person in your household.

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. For more information on food supplies visit www.fema.gov/pdf/library/f&web.pdf.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers,
- Vitamins
- Food for infants, elderly persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags, granola bars, trail mix

FIRST AID KIT

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

- (20) Sterile adhesive bandages in assorted sizes
- (1) 5"x9" sterile dressing
- (2-3) 3x3-inch sterile gauze pads
- (2-3) 4x4-inch sterile gauze pads
- (2) Triangular bandages
- (2) 2" conforming roller gauze bandages
- (2) 3" conforming roller gauze bandages
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2+ pair) Large and/or other appropriately-sized 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
- Cleansing agent/soap
- Optional: thermometer; (2) tongue depressors; sunscreen; assortment of safety pins; needle; moistened towelettes

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)

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 (small bills and coin)
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Duct tape / 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 (for shelter or for sheltering-in-place)
- Map of area (for locating shelters or evacuation routes)
- 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

BEDDING & CLOTHING

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 needs, 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 – games and books

Important Family Documents -

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks, 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 every six months so it stays fresh.

* Rotate your stored food every six months.

* Re-think your kit supply and family needs at least once a year.

* Replace batteries, update clothes, etc.

* Ask your pharmacist about storing prescription medications.



GET PREPARED!! GET TRAINED!! GET INVOLVED!! The Federal Emergency Management Agency's "Community Emergency Response Team" (CERT) training is offered at the Northshore Fire Department. For more information visit our website at www.northshorefire.com or call 425-354-1780.

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