

**Disasters can happen anytime and anywhere.** And when disaster strikes, you may not have much time to respond. **Take the 4 steps of preparedness:**

- 1. MAKE A PLAN** - Discuss with family and friends emergencies that could occur.
- 2. BUILD AN EMERGENCY SUPPLY KIT(S)** - Have a kit for your house, vehicle and your place of work. Be prepared to shelter in your home or to be evacuated.
- 3. GET TRAINED** - Learn first-aid and CPR. Know how to shelter in place and how to turn off utilities (power, gas and water) to your home.
- 4. VOLUNTEER** - Examine volunteer opportunities in your community.

You and your family will cope best by preparing before an emergency strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you will not have time to shop or search for supplies. But if you have gathered supplies in advance, your family can endure an evacuation or home confinement.

### To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (\*).

## DISASTER KIT SUPPLIES CONTINUED

### SPECIAL ITEMS

Remember family members with special needs, such as infants and elderly or disabled persons.

#### For Baby\*

- Formula  Diapers  Bottles
- Medications  Powdered Milk

#### For Adults\*

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

### 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.

### Preparedness Information

American Red Cross  
[www.redcross.org](http://www.redcross.org)

Illinois Terrorism Task Force  
[www.ready.illinois.gov](http://www.ready.illinois.gov)

Illinois Emergency Management Agency  
[www.state.il.us/iema](http://www.state.il.us/iema)

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Illinois Terrorism Task Force



## Disaster Supplies Kit

Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a camping backpack or a duffel bag. These supplies are listed with an asterisk (\*).

**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 2 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. (two quarts for drinking, two quarts for food preparation and 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.

- \*Include a selection of the following foods in your Disaster Supplies Kit:
- Ready-to-eat canned meats, fruits & vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples such as sugar, salt, pepper.
- High-energy foods - peanut butter, jelly, crackers, granola bars, trail mix.
- Vitamins
- Foods for infants, elderly person or persons with special diets.
- Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags.

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

- Sterile adhesive bandages in assorted sizes.
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins  Scissors
- Cleansing agent/soap  Needles
- Latex gloves (2 pairs)  Tweezers
- Moistened towelettes  Antiseptic
- Thermometer (medical)  Tongue depressor (2)
- Sunscreen

### Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication  Laxative
- Antacid (for stomach upset)

*Contact your local American Red Cross Chapter to obtain a basic first-aid manual and training.*

### Suggestions and Reminders

- Store your kit in a place known to all family members. 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. Rotate 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.

## TOOLS and SANITATION

- Mess kits, or paper cups, plates and utensils\*
- Battery operated radio and extra batteries\*
- Flashlight and extra batteries\*
- Cash, traveler's 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  Tape (duct)
- Compass  Paper, pencil  Signal flare
- Whistle  Plastic sheeting
- Medicine dropper
- Matches in a waterproof container
- Plastic storage containers, bags
- Shut-off wrench, to turn off house gas & water
- Sewing kit (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