

Preparedness Is Paramount - Preparing your Family Emergency Kit

There are many items needed to compose a good family emergency kit. The kit is composed of the following categories and should be enough to last 3-5 days:

1. Water- Store in new containers or containers that have only held potable liquids.

- Treatment of Water: If it becomes necessary to use water from any source other than your home, or your kit there are several safe methods for treating that water for human consumption:
- Boiling (this is the safest method)- Bring water to a rolling boil for at least two minutes, and let the water cool before drinking
- Chlorination (using liquid chlorine bleach)- Use unscented bleach that contains no soaps. Add 1/8 tsp. per gallon of water, let stand for 30 minutes. If this does not work, repeat the treatment (this does not kill parasitic organisms).
- Water purification tablets- This is the least preferred method of water treatment. The problem is that this type of treatment uses iodized tablets and may adversely affect those who have liver or kidney problems.

2. Food: (Non- Perishable foods, snack foods, etc)

Items to consider for your food kit: Dried (or canned) fruits and vegetables

- Soups

In a power outage a refrigerator will keep foods cool for about four hours. Consider using those foods first if there is a way to safely prepare them. Most freezers will keep foods frozen for about twelve hours. Consider using those frozen foods first if you can safely prepare them. "IF IN DOUBT THROW IT OUT!"

3. First Aid Kit: Assemble a first aid kit for your home, as well as for each vehicle.

4. Tools and Emergency Supplies: These supplies should be part of your kit and should stay together in case you need to leave your home quickly. Examples of items needed:

- A battery operated radio (or weather radio or T.V.)
- A flashlight and batteries
- Duct tape
- Work gloves
- Manual can opener
- Picnic supplies (paper or Styrofoam plates/cups/forks, etc.)
- Paper towels
- Small camping stove & fuel
- Sanitation Supplies:
 - Lip Balm/Sunscreen
 - Insect repellent
 - Feminine products
 - Toilet paper

5. Clothing and Bedding Supplies

6. Special Items: These items are additional supplies that will make it much easier in an emergency situation. These items should be stored in a watertight portable container:

- A list of your emergency contact numbers of family members, doctor, utility contact numbers, financial papers, important personal documents, etc.

You should also have some items ready for any of these categories that apply to you:

For babies: Diapers, Diaper Wipes, Formula, etc.

For seniors: Extra batteries for medical devices

For Those with Disabilities: Special Equipment and supplies

For Pets:

Extra food and water for the pets(s)

Kitty litter

Large capacity self- feeder and water dispenser

Pet medications