

EMERGENCY SUPPLY CHECKLISTS

Food & Water

- ☐ 3-day supply of non-perishable food
- ☐ Manual can opener
- ☐ 1 gallon of water per day for each person/pet

Food items suggested:

- ☐ Unrefrigerated meats – *pre-cooked bacon, pre-cooked or aged sausage, beef jerky*
- ☐ Pasta / Sauces
- ☐ Canned Vegetables
- ☐ Canned soups / stews
- ☐ Mini cereal boxes
- ☐ Powered drinks
- ☐ Powdered creamer
- ☐ Tea Bags
- ☐ Canned Beans
- ☐ Canned meat (tuna, spam, etc.)
- ☐ Crackers
- ☐ Granola bars
- ☐ Powdered milk
- ☐ Packets of sweetener
- ☐ Instant Rice
- ☐ Canned Fruit / Fruit cups
- ☐ Canned nuts
- ☐ Dried Fruit
- ☐ Peanut butter / Nut spread
- ☐ Instant coffee
- ☐ Juice boxes

Baby Items

- ☐ 3-day supply of non-perishable food
- ☐ 1 gallon of water per day

Baby items suggested:

- ☐ Squeezable Baby food
- ☐ Bottles
- ☐ Creams / medications
- ☐ Portable bed
- ☐ Formula
- ☐ Diapers
- ☐ Toys
- ☐ Bottled water
- ☐ Wipes
- ☐ Blankets

Hygiene Supplies

- ☐ Dental care products (*toothpaste, toothbrush*)
- ☐ Soaps, personal hygiene supplies
- ☐ Toilet paper, paper towels, garbage bags
- ☐ Hearing and vision products (*hearing aids, glasses, contact lenses, contact lens solution*)
- ☐ Sunscreen, insect repellent
- ☐ Face masks to filter air

First Aid, Medication

- ☐ First-aid kit
- ☐ Medications
- ☐ Bleach – To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes

Communication, Lighting, Document Bag Items

Supplies suggested:

- ☐ Battery-powered radio with extra batteries or crank radio (*emergency alert radio is best*)
- ☐ Flashlights and extra batteries
- ☐ Whistle
- ☐ Road maps
- ☐ Tent, blankets, pillows
- ☐ Books, games, toys
- ☐ Matches and lighter – keep in a waterproof container or sealable plastic bag
- ☐ Reading glasses and sunglasses
- ☐ Food and water
- ☐ Clothes and sturdy shoes
- ☐ Extra cell phone battery and car charger
- ☐ Document bag items
- ☐ Plastic plates, cups, utensils
- ☐ Rain gear and towels

Sheltering in Place suggestions:

- ☐ Smoke detectors with extra batteries
- ☐ Carbon monoxide detector (*if using generators, charcoal grills, or camp stoves*)
- ☐ Plastic sheeting and duct tape (*to seal doors, windows, and air vents from contaminated air or to build an emergency shelter*)
- ☐ Fire extinguisher

Evacuating by Car

- ☐ Put Car repair items (*tools, spare tire, tire patch kit, oil*) in your car
- ☐ Take cash, checkbook, and credit cards
- ☐ Get a map of your route
- ☐ Call your family emergency contact
- ☐ Fill your gas tank, and check your spare tire
- ☐ Charge your mobile phone

First-Aid Kit

- ☐ 2 compress dressings (*5 x 9 inches*)
- ☐ Antibiotic ointment
- ☐ Hydrocortisone ointment
- ☐ Oral thermometer, scissors, tweezers
- ☐ 10 sterile gauze pads (*different sizes*)
- ☐ 25 band-aids (*different sizes*)
- ☐ Pain reliever such as aspirin, ibuprofen or acetaminophen
- ☐ Instant cold pack
- ☐ 2 roller bandages (*different widths*)
- ☐ 2 triangular bandages (*for making slings*)
- ☐ First-aid tape
- ☐ 2 pairs of medical gloves (*non-latex*)
- ☐ 2 elastic bandages
- ☐ First-aid instruction booklet

Emergency Documents

Imagine how hard it would be after a disaster if you couldn't prove your identity or if you didn't have access to your bank account. Avoid difficult situations by making copies of your important documents and keeping them in a waterproof bag. Include the following items:

- ☐ Current photo IDs, driver licenses, birth records, Social Security cards, passports (*always keep your social security number separate from other documents to decrease the risk of identity theft*)
- ☐ Current photos of family members, in case you get separated
- ☐ Medical records, medications, and dosages
- ☐ Wills
- ☐ Property deeds, leases, mortgages
- ☐ Inventory of household possessions and their value (*take photos of every room, every drawer, every closet*)
- ☐ Backup computer files on a USB drive
- ☐ Wheelchairs, walkers, and canes
- ☐ Phone numbers (*family, friends, doctors*)
- ☐ Insurance documents (*homeowner, renter, flood, life*)
- ☐ Vehicle titles, insurance, leases, loan documents
- ☐ Copies of important keys
- ☐ Cooler with cold packs for medications
- ☐ Health insurance and prescription cards
- ☐ Bank account information
- ☐ Utility bills (*to prove where you live*)

Pet Supplies

- ☐ Extra medications and dosages
- ☐ Medical supplies (*oxygen, glucose monitoring strips, syringes, etc.*)
- ☐ Communication devices
- ☐ 3-day supply of pet food, water, and bowls
- ☐ Crate or carrier (*may be required in shelters or where you spend the night*)
- ☐ Cat litter and box
- ☐ Keep a copy of animal shot records with your important documents.
- ☐ Who is your vet? What is the address and phone number?
- ☐ What is the name of your kennel? What is its address and phone number?
- ☐ Copies of prescriptions and medical alert tags
- ☐ Supplies and documentation for service animals
- ☐ Pet medications and first-aid kit
- ☐ Photo, in case pet gets lost
- ☐ Food for special diets
- ☐ Hearing aids with extra batteries
- ☐ Vaccination records
- ☐ Leash and toys

Individuals with Medical and Functional Needs

Individuals with functional and access needs vary in their level of independence. Some may be independent in their home environment with the addition of structural modifications and/or mobility devices such as a wheelchair or walker. Others may have limited independence requiring the assistance of a part-time or full-time caregiver.

In emergency planning for individuals with functional and access needs consider:

- ☐ Mobility needs
- ☐ Dialysis
- ☐ Bariatric needs
- ☐ Other
- ☐ Transportation needs
- ☐ Medication
- ☐ Hygiene needs, such as bandages or diapers
- ☐ Durable medical equipment needs
- ☐ Special medical treatments
- ☐ Service or comfort animals

Individuals may require a higher level of assistance in a shelter environment than the level needed at home. Shelter cots may not be accessible or appropriate for some individuals. Wheelchairs and walkers may not have maneuverable space.

Be sure to label your equipment with your name and contact information. You may want to secure a copy of the person's medical information to them in a sealed pocket or plastic bag. This extra step will assist in reunification and/or provide information to a rescuer/first responder if you are separated during the evacuation.

For planning purposes, call 2-1-1 for information about available services which may be available during an emergency.

Emergency Planning for the Elderly

Older individuals are among the most at-risk when a disaster happens. When making emergency plans, be sure to consider how a disaster situation may threaten or aggravate the health of an elderly person:

Create a special contact sheet containing a complete medical history and important information for emergency/rescue personnel, such as:

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| ☐ Emergency contact information | ☐ Allergies | ☐ Health conditions |
| ☐ Medications and dosages | ☐ Medical provider and pharmacy contact information | |
| ☐ Use of durable medical supplies/equipment such as oxygen | ☐ Any functional and access needs. | |

If you or someone you care for is elderly and you have to evacuate, secure a copy of the person's medical information to them in a sealed pocket or plastic bag. This extra step will assist in reunification and/or provide information to a rescuer/first responder if you are separated during the evacuation.

If you or someone you care for is an older individual, be sure to consider the following in your emergency planning:

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| ☐ Any special travel arrangements needed | ☐ Assistive devices for mobility or healthcare needs | |
| ☐ Dialysis | ☐ Special diets | ☐ Wound care |
| ☐ Risk of falling | ☐ Confusion or disorientation | |

Many older individuals are able to maintain a certain level of independence through the aid of special medical equipment. However, some of this equipment may not be available during an emergency because of a power outage or inability to transport the equipment. In planning for these special needs, consider:

- Does special medical equipment limit your mobility or the distance you can travel?
- Who will be responsible for bringing along the special equipment if you need to evacuate?
- Is the lack of the equipment life-threatening—such as in certain cases with oxygen, dialysis, etc.?

Emergency Planning for Children

Age is an important factor to consider when making your emergency plans:

- Is the child able to walk? Require a stroller? Or have other mobility concerns?
- Is the child able to communicate injuries or concerns?
- Is the child old enough to drive?
- Will you need to pack additional diapers, food, or baby care items?
- What about children with special health care needs?
- Does the child know his/her address and parents' phone numbers?
- What are the emergency plans for the child's school or daycare?
- What can the child understand regarding a disaster and potential loss?

Evacuating a disaster area or moving to a shelter with children presents its own set of challenges:

- ☐ Plan ahead to make an extended stay away from your home as comfortable as possible.
- ☐ You'll want to bring along games, books, crafts, or other materials to help keep children entertained.
- ☐ Plan for increased supervision of your child(ren) while staying in a public shelter.

There may be times when your family is separated. No one knows when an emergency situation might arise, so you have to prepare for anything:

- ☐ Be sure your children never leave home without emergency contact information.
- ☐ Be sure they know whom to call first if you are unavailable.
- ☐ Identify "safe places" in your community where they should go if lost or separated.
- ☐ Ensure they know their home address and parents' phone numbers.
- ☐ Plan for a rendezvous location and a point of contact outside the immediate family.

Emergency Planning for Pets

Pets require special planning consideration both when sheltering in place or evacuating.

When planning for pets during a disaster, consider food and water needs. Your pets will require water for hydration—at least one gallon per day, per animal.

If you need to evacuate, consider:

- ☐ Pet supplies such as food, medications, special needs
- ☐ Identification tags
- ☐ Crating needs
- ☐ Transportation needs
- ☐ Collars, harnesses, and leashes/leads to keep your pets close to you, especially if they become nervous or frightened
- ☐ Vaccination records and/or tags, especially for rabies vaccine
- ☐ Most shelters, but not all, will have a location to shelter animals
- ☐ PET KIT READY: carrier, leash, toy, vaccination record, photo microchip information, food, bowl, poop baggies, medication.

Pets may exhibit behavioral changes before, during, and after a disaster. If relocated to an unfamiliar location, such as a shelter, pets may become uncharacteristically aggressive or, in some cases, passive.

PREPARE YOUR PETS FOR TRAVEL

Your pets are an important member of your family; they need to be included in your family's emergency and evacuation plans. Train your pet now to be comfortable getting inside its carrier, so during an evacuation it will be a familiar activity. Follow these tips to reduce their stress:

- Leave the carrier open
- Feed it treats near the carrier – you can even try putting a few treats inside the carrier
- Add a favorite blanket inside the carrier so it smells familiar
- Know where your pets hide, so you can easily find them in case you have to leave your house quickly

PETS EVACUATING THROUGH A COMMUNITY EVACUATION HUB:

HUB Coordinators have final say over all pet transports. Generally, pets will be transported with the owner.

However, if a situation dictates, they may be transported in a separate vehicle.

SERVICE ANIMALS

- According to Title II and III of the ADA, a service animal is any dog (or miniature horses) - that is individually trained to do work or perform tasks for an individual with a disability.
- Service animals are allowed to be with a person with a disability.

PETS AND EMOTIONAL SUPPORT ANIMALS

- Emotional Support Animals (ESAs) are not protected under the Americans with Disabilities Act (ADA). However, many shelters will try to accommodate ESAs whenever possible—it's best to check with the shelter ahead of time to confirm their policy.

EXOTIC ANIMALS

- Must be secure in their appropriate carriers before transporting.

FARM AND BARN ANIMALS

If you have horses, goats, pigs, and cows on your property, be sure to prepare before a disaster.

- Ensure all animals have some form of identification.
- Evacuate animals earlier, whenever possible. Map out routes in advance.
- Arrange vehicles, handlers and drivers for transporting/supporting each animal.
- Ensure destinations have food, water, veterinary care and handling equipment.
- If evacuation is not possible, decide if you should turn them loose outside.

NEVER LEAVE AN ANIMAL TIED UP OUTSIDE IF YOU ARE EVACUATING!