

A, B, C's of HOUSEHOLD EMERGENCY PREPAREDNESS¹

A. BE INFORMED

KNOW – *What emergency officials recommend in the event of a disaster: when to shelter-in-place and when to evacuate. Know what kinds of disasters are likely to affect your area.*

B. STOCK UP

WATER – *Store 1 gallon per person per day for at least 3 days (even better: store a 6-8 week supply), for drinking and sanitation (see www.ready.gov/water); store a supply of chlorine bleach for emergency drinking water disinfection and solid surface disinfection.*

FOOD – *Store at least a 3-day supply of nonperishable food (even better: store a 6-8 week supply); store a hand-operated can opener.*

MEDICATIONS AND FIRST AID SUPPLIES – *Store at least a 3-day supply of medications for each person who takes prescription medications (this is vital for diabetics, heart, lung and other chronic conditions); store over-the-counter medications for treating fever, flu, colds, etc.; store a fully stocked first aid kit for treating minor injuries and illness.*

FLASHLIGHTS AND RADIOS—*Store battery-operated or hand-crank varieties.*

MATCHES, CANDLES, AND PORTABLE POWER SOURCES – *Store matches, candles, candle holders, and batteries; store propane or gasoline (in a safe place) for a portable generator.*

HOUSEHOLD PRODUCTS AND SANITARY ITEMS – *Store paper products (facial tissues, toilet paper, paper towels); plastic products (garbage bags, re-sealable bags); cleaning supplies; non-water hand sanitizer; personal hygiene products.*

COMMUNICATIONS EQUIPMENT -- *Store a battery-operated or hand-crank radio and fully-charged cell phones to maintain an open information channel with family, friends, local authorities and community information sources.*

CASH – *Cash on-hand could be necessary to replenish supplies and purchase necessary services when ATMs and banking services are unavailable.*

C. HAVE A PLAN

Your emergency plan should address caring for family members or neighbors with special needs, pets and safely shutting off home utilities. Practice your plan at least twice a year and update it according to any issues that arise.

Footnote: This resource is partly based on CDC and the Federal Emergency Management Agency information.