

## CREATE A FAMILY DISASTER PLAN:

To get started...

- **Contact your local emergency management agency** to find out which disasters are most likely to happen in your community. Ask how you would be warned of a disaster. Find out how to prepare for each.
- **Meet with your family and discuss the types of disasters that could occur.** Explain how to prepare and respond. Discuss what to do if advised to evacuate. Practice what you have discussed.
- **Plan how your family will stay in contact if separated by disaster:** Pick two meeting places – a location a safe distance from your home in case of fire, and a place outside your neighborhood in case you can't return home.
- **Meet with your neighbors.** Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (technical, medical). Consider how you could help neighbors with special needs (such as elderly or disabled persons).

Make plans for child care in case parents cannot get home.

- **Complete these steps:**
  - Post emergency phone numbers by every phone.
  - Show responsible family members how and when to shut off water, gas and electricity at main switches.
  - Install smoke detectors on each level of your home; test monthly and change batteries two times a year.
  - Contact your local fire department to learn about home fire hazards.
  - Learn first aid and CPR.
- **Remember to practice your plan.**



Grundy County Emergency Management Agency



Grundy County Local Emergency  
Planning Committee

815-941-3212

# Your Family Disaster Supply Kit

Grundy County

Emergency

Management Agency

& Local Emergency

Planning Committee



# YOUR FAMILY DISASTER SUPPLIES KIT

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Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

A highway spill of hazardous material could mean instant evacuation. A winter storm could confine your family at home. A flood or tornado or any other disaster could cut off basic services – gas, water, electricity and telephone – for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supply Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've 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 (\*).

## **Suggestions and Reminders:**

- Store your kit in a convenient place known to all members of the family. Keep a small version of the kit in your car.
- Rotate food and water every six months to keep it fresh.
- Re-think your kit and family needs at least once a year.

# SUPPLIES

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There are six basics you should stock in your home. Keep the items that you would most likely need during an evacuation in an easy-to-carry container (suggested items are marked with an asterisk (\*)). Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. 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.

- Store one gallon of water per person per day (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. Include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- Sugar, salt, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, etc.
- Vitamins
- Special foods for infants, elderly, special diet concerns
- Comfort/stress foods – cookies, hard candy, instant coffee, etc.

## Clothing & Bedding

- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets/sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses

# First Aid Kit

Assemble a first aid kit for your home and for each car. First aid kit\* should include:

- Sterile adhesive bandages
- 2 and 4 inch sterile gauze pads
- Hypoallergenic adhesive tape
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Safety pins
- Cleaning agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Aspirin or pain reliever
- Anti-diarrhea medication
- Antacid
- Lubricant
- Laxative
- Activated Charcoal

# Tools & Supplies

- Mess kits or paper cups, plates, and utensils\*
- Emergency preparedness manual\*
- Battery operated radio, batteries\*
- Flashlight, batteries\*
- Cash or travelers checks\*
- Non-electric can opener
- Small fire extinguisher
- Tube tent
- Pliers
- Tape
- Compass
- Signal flare
- Aluminum foil
- Needles, thread
- Matches in waterproof container
- Medicine dropper
- Shut-off wrench, for gas and water valves
- Whistle
- Plastic sheeting
- Map of area
- Toilet paper, towelettes\*
- Soap\*
- Personal hygiene products\*
- Garbage bags and ties
- Plastic bucket with lid
- Disinfectant
- Household chlorine bleach
- Paper, pencil

# Special Items

Remember family members with special needs, such as infants and elderly or disabled persons. You may need baby formula, diapers, eye glasses, prescription drugs, insulin, family documents, bank account numbers, family records.