

## Emergency Preparedness Tips

**Prepare a survival back pack.** We all remember the pictures from New Orleans after Hurricane Katrina. People were stranded on rooftops, on highways, in shelters — with no food, water or medical assistance. It was a lesson to all of us about the necessity of being personally prepared, whether we live in hurricane-prone areas or in places where floods or tornadoes may strike.

It takes only a few hours to prepare a survival back pack for yourself and your family. And we hope it will never be needed. But, should the time come when you need to “grab it and run,” you’ll be glad you took the time to prepare.

Following is a list of items that should be included in your backpack(s) *for each person*:

| ✓ Qty. Item Description  | ✓ Personal Items to Include:  |
|--|---|
| <input type="checkbox"/> 12 Water (16-20 oz. bottles)            | <input type="checkbox"/> Personal Picture Identification  |
| <input type="checkbox"/> 12 Breakfast Bars                       | <input type="checkbox"/> Copies of your prescriptions   |
| <input type="checkbox"/> 3 Potted Meat                           | <input type="checkbox"/> List of medications you are allergic to  |
| <input type="checkbox"/> 3 Canned Tuna or Chicken                | <input type="checkbox"/> Other important medical information, including blood type  |
| <input type="checkbox"/> 1 Crackers (one sleeve)                 | <input type="checkbox"/> Cash and Coins   |
| <input type="checkbox"/> 3 Canned Fruit                          | <input type="checkbox"/> Credit Cards   |
| <input type="checkbox"/> 1 Plastic Eating Utensil (“spork”)      | <input type="checkbox"/> Extra set of house and car keys  |
| <input type="checkbox"/> 1 Can Opener                            |   |
| <input type="checkbox"/> 1 Blanket (preferably double-bed size)  | <i>Copies of the following:</i>   |
| <input type="checkbox"/> 3 Adhesive Bandages (such as Band-Aids) | <input type="checkbox"/> Driver’s License   |
| <input type="checkbox"/> 6 Alcohol Prep Pads                     | <input type="checkbox"/> Birth Certificate  |
| <input type="checkbox"/> 1 Antibiotic Ointment (tube)            | <input type="checkbox"/> Marriage Certificate   |
| <input type="checkbox"/> 2 Latex Gloves (pairs)                  | <input type="checkbox"/> Social Security Card   |
| <input type="checkbox"/> 6 Gauze (2" x 4")                       | <input type="checkbox"/> Bank and Credit Card Account Numbers   |
| <input type="checkbox"/> 3 Rolled Bandages (3")                  | <input type="checkbox"/> Insurance Policies   |
| <input type="checkbox"/> 2 Ace Bandages                          | <input type="checkbox"/> Passport   |
| <input type="checkbox"/> 1 Scissors                              | <input type="checkbox"/> Will(s)  |
| <input type="checkbox"/> 1 Tweezers                              | <input type="checkbox"/> Deed(s)  |
| <input type="checkbox"/> 1 Acetaminophen (one small bottle)      | <input type="checkbox"/> Immunization Records   |
| <input type="checkbox"/> 3 Feminine Pads (or 3-day supply)       | <input type="checkbox"/> Inventory of Household Goods   |
| <input type="checkbox"/> 2 Tongue Depressors                     | <input type="checkbox"/> Stocks and Bonds   |
| <input type="checkbox"/> 1 First Aid Manual                      | <input type="checkbox"/> Emergency Contact List with Phone Numbers  |
| <input type="checkbox"/> 2 Box Matches                           | <input type="checkbox"/> Map of the area and phone numbers of places you could go   |
| <input type="checkbox"/> 1 Toothbrush                            |   |
| <input type="checkbox"/> 1 Toothpaste (small tube)               | • Keep your survival back pack(s) in a designated place in your home so everyone will know where to find it in case of emergency. |
| <input type="checkbox"/> 1 Tissues/Toilet Paper (box or roll)    |   |
| <input type="checkbox"/> 1 Plastic Bag (60 gal., orange)         | • We recommend that you check the expiration date on all items every six months.  |
| <input type="checkbox"/> 1 List of Personal Possessions          |   |

## **Safety Measures**

It is important to make a disaster plan for yourself and your family *before* you need it. Then, if disaster strikes, remain calm and patient. Put your plan into action.

- Check for injuries.
- Give first aid and get help for seriously injured people.
- Listen to your battery-powered radio for news and instructions
- Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.
- Check for damage in your home.
- Use flashlights. DO NOT light matches or turn on electrical switches if you suspect damage.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.
- Confine or secure your pet.
- Call your family contact. DO NOT use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is shut off.
- Stay away from downed power lines.

**Hint: Keep this list with your survival back pack so it is easily located in an emergency.**

*Materials adapted from Catholic Charities USA's "Disaster Response UPDATE."*