

FACT SHEET Emergency Preparedness Resource Guide Kasundra Cyrus, EdD Family and Human Development Specialist 225-771-2242 • kasundra_cyrus@suagcenter.com

Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Items should be stored be stored in an easy-to-carry container such as a rolling cart, backpack or duffle bag. The following suggested supplies can be used and kept on hand in the event of a disaster.

- Three-day supply of non-perishable foods and a manual can opener. Food items should be change based on USDA recommendation for food safety time limits.
- Three-day supply of water (one gallon of water per person). Water should be changed every six months to ensure that the product is safe.
- Blankets, cloth sheets, plastic sheets, or sleeping bags.
- Each child should have a change of clothing, rain gear, undergarments, and sturdy shoes, to protect their physical well-being.
- A first aid kit and prescription medication.
- Radio, flashlight and extra batteries.
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Disinfectants and other household cleansers.
- Plastic bags and latex gloves.
- Scissors.
- Paper utensils and other products.
- Ice chest to keep cold foods cold.



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