
FIRST AID KIT ESSENTIALS

- Adhesive Bandages
- Antacid
- Antibiotic Ointment
- Anti-diarrheal Medication
- Antiseptic
- Aspirin and Non-Aspirin Pain Reliever
- Cleansing Agents (Isopropyl Alcohol,
Hydrogen Peroxide, Soap, Germicide)
- Cotton Balls
- First Aid Manual
- Gauze pads and roll
- Latex Gloves
- Laxative
- Moist Towelettes
- Needle and Safety Pins
- Petroleum Jelly
- Scissors
- Sunscreen
- Thermometer
- Tongue Depressors
- Triangular Bandages
- Tweezers



IMPORTANT LOCAL PHONE NUMBERS

Police/ Fire: _____

Ambulance: _____

Local Emergency Management Agency:

Poison Control Center: 1-800-222-1222

Other: _____

Primary Doctor: _____

Hospital: _____

Utilities

Water: _____

Electricity: _____

Gas: _____

Telephone: _____

Other

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EMERGENCY PREPAREDNESS ACTION PLAN




Having a plan is one of the most important steps you can take in disaster preparedness. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty.



PREPARING A DISASTER SUPPLY KIT

Having a disaster supply kit ready to take with you at a moments notice ensures that you will have necessary supplies no mater how fast you may need to evacuate. Pack supplies in duffel bags or backpacks and keeping them in a designated place. Your kit will also come in handy if you must take shelter in your home. This list will help ensure that your disaster supply kit includes all the essentials.



<p>PERSONAL ITEMS</p> <ul style="list-style-type: none"> • Toothbrushes, toothpaste, shampoo, deodorant and other toiletries. • Change of clothing and an extra pair of shoes and socks for each person • Blankets or a sleeping bag for each person 	<p>PERSONAL ITEMS</p> <ul style="list-style-type: none"> • Personal identification • Copies of birth and marriage certificates, inventory of household goods, bank account numbers and other important documents. • Maps • Extra car and house keys • Prescription medications
	<p>TOOLS AND EQUIPMENT</p> <ul style="list-style-type: none"> • Flashlights • Spare Batteries • Re-sealable plastic bags • Washcloths and towels • Paper cups, plates and plastic utensils • Heavy-duty plastic garbage bags
<p>WATER</p> <ul style="list-style-type: none"> • Pack at least one gallon of water per person per day for at least three days. • Store water in tightly sealed, non-breakable plastic, fiberglass or enamel-lined metal containers. • Change your water every six months. 	<p>FOOD</p> <ul style="list-style-type: none"> • Pack enough food to last each family member at least three days. • Include canned and boxed foods because they require little preparation and stay good for long periods of time. • Remember to bring a manual can opener or buy food in self opening cans. • Pack foods in sealed metal or plastic containers. • Replace food every six months. • Include foods for infants and family members with special diets.

CREATING A PLAN

- Decide what you and your family would do in each potential emergency situation.
- Draw a floor plan of your home showing escape routes.



- Choose a place away from your neighborhood where family members can meet in case you are separated and cannot return home due to a disaster.
- Identify a friend or relative who lives out of the area for family members to contact if you are separated.
- Post emergency numbers by every phone and teach children how and when to dial 911.
- Know how to shut off water, gas and electricity at the main switches in your home.
- Plan how to help elderly or disabled neighbors in a disaster.
- Check that your insurance policies are up-to-date and provide good coverage.