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

Dolino/ Eino

rollce/ Tile:
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.





CREVLING Y BLAN

situation. would do in each potential emergency Decide what you and your family

showing escape routes.

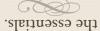
Draw a floor plan of your home



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

PREPARING A DISASTER SUPPLY KIT

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



MATER

- Pack at least one gallon of water per person per
- Store water in tightly sealed, non-breakable day for at least three days.
- containers. plastic, fiberglass or enamel-lined metal
- Change your water every six months.

FOOD

- three days. Pack enough food to last each family member at least
- little preparation and stay good for long periods of time. • Include canned and boxed foods because they require
- self opening cans. Remember to bring a manual can opener or buy food in
- Replace food every six months. Pack foods in sealed metal or plastic containers.
- Include foods for infants and family members with

special diets.

TOOLS AND EQUIPMENT

- Flashlights
- Spare Batteries
- Re-sealable plastic bags
- Washcloths and towels
- Paper cups, plates and plastic utensils
- Heavy-duty plastic garbage bags

PERSONAL ITEMS

- Copies of birth and marriage certificates, inventory of Personal identification
- important documents. household goods, bank account numbers and other
- Extra car and house keys
- Prescription medications

and socks for each person Change of clothing and an extra pair of shoes

Toothbrushes, toothpaste, shampoo, deodorant

PERSONAL ITEMS

and other toiletries.

- Blankets or a sleeping bag for each person