

ASSEMBLING AN EMERGENCY KIT

HURRICANE PREPAREDNESS DURING COVID-19

Atlantic Hurricane Season is from June 1- November 30, 2020. After an emergency, your family may need to survive on your own for several days. Assemble a kit to at least last for 72 hours (3 days). In addition to the items listed in the kit, consider unique needs that your family might have. When assembling your kit, store the items together in easy to grab and easy to carry air tight containers. According to ready.gov, a basic emergency kit should contain the following items:

- ✓ Water (1 gallon per person a day for at least 3 days)
- ✓ Food (at least a three-day supply of non-perishable food)
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ✓ Flashlight
- ✓ First aid kit
- ✓ Extra batteries
- ✓ Whistle (to signal for help)
- ✓ Dust mask (to help filter contaminated air)
- ✓ Plastic sheeting & duct tape (to shelter in place)
- ✓ Moist towelettes, garbage bags and plastic ties
- ✓ Wrench or pliers (to turn off utilities)
- ✓ Manual can opener
- ✓ Local maps
- ✓ Cell phone with chargers and a backup battery
- ✓ Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- ✓ Prescription medications
- ✓ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ✓ Prescription eyeglasses and contact lens solution
- ✓ Infant formula, bottles, diapers, wipes and diaper rash cream

- ✓ Pet food and extra water for your pet
 - ✓ Cash or traveler's checks
 - ✓ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
 - ✓ Sleeping bag or warm blanket for each person
 - ✓ Complete change of clothing appropriate for your climate and sturdy shoes
 - ✓ Fire extinguisher
 - ✓ Matches in a waterproof container
 - ✓ Feminine supplies and personal hygiene items
 - ✓ Mess kits, paper cups, plates, paper towels and plastic utensils
 - ✓ Paper and pencil
 - ✓ Books, games, puzzles or other activities for children
- * Make sure to store the kit in a cool, dry place and replace expired items as needed. You should have an emergency kit at home and be sure all family members are aware of its location.**

Create an Emergency Kit for work

- Be prepared to shelter at work for at least 24 hours
- Include food, water, medicines and comfortable walking shoes

Also, keep an emergency kit in your car with basic essentials in case you are stranded (food, water, flashlight, blanket, etc.)

