

FEMA: Family Basic Disaster Supplies

There are six basics you should stock in your home:

Water: <http://www.fema.gov/plan/prepare/water.shtm>

How Much Water do I Need?

You should have at least a three-day supply of water and you should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary, depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.

Observe the expiration or “use by” date.

If You are Preparing Your Own Containers of Water

It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap. Follow directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps
Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so

there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

Food: <http://www.fema.gov/plan/prepare/food.shtm>

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

*Include a selection of the following foods in your Disaster Supplies Kit:

Note: Be sure to include a manual can opener.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples--sugar, salt, pepper
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons with special dietary needs
- Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First aid supplies: <http://www.fema.gov/plan/prepare/firstaid.shtm>

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)

- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair) Sunscreen

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

[Contact your local American Red Cross chapter](#) to obtain a basic first aid manual.

[Clothing, bedding and sanitation supplies:](#)

<http://www.fema.gov/plan/prepare/clothing.shtm>

Clothing and Bedding

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat.

*Include at least one complete change of clothing and footwear per person.

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes or work boots
- Hat, gloves and scarf
- Rain gear

- Thermal underwear
- Blankets or sleeping bags
- Sunglasses

Sanitation

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Tools: <http://www.fema.gov/plan/prepare/tools.shtm>

- Mess kits, or paper cups, plates and plastic utensils
- [Emergency preparedness manual](#)
- Portable, battery-operated radio or television and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Nonelectric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Special items:

Remember family members with special needs, such as infants and elderly or disabled persons.

- **For Baby**
 - Formula
 - Diapers
 - Bottles
 - Pacifiers
 - Powdered milk
 - Medications

- **For Adults**
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses
 - Hearing aid batteries

- **Entertainment--games and books.**

Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container; a camping backpack; or a duffle bag.



Low Cost/No Cost Emergency Preparedness

1. Get a family out-of-state phone contact and make a wallet card for each family member.
2. Ensure that school emergency contact cards are regularly updated; ensure that each child has at least 2 people listed to pick him/her up if parents are unavailable.
3. Select two family reunification points for use if the house is inaccessible. Select one place in the neighborhood, such as a friend's home, food store, or other location well known to all family members. Select another location not in your immediate neighborhood, but easily accessible by all family members, such as your place of worship, a movie theater or a regional mall.
4. Locate your gas meter and learn how to use the gas shut-off valve and **when** to shut off your gas.
5. Store heavy objects on low shelves or on closet floors, not on high shelves. Heavy pots and pans and storage boxes may fall during earthquakes and injure family members.
6. Remove any heavy objects from overhead shelves in bedrooms. When people are asleep, they cannot protect themselves from falling objects.
7. **Water** is a most important element. Each person needs one (1) gallon for drinking and food preparation each day. Additional water is needed for sanitation, clean up, and for pets. A dog will also need one (1) gallon a day and a cat will need at least a pint.

Storing water is easy. Wash and rinse clean, 2-liter soda or any other **clear plastic** juice bottles, fill them with tap water then add four (4) drops of liquid **chlorine bleach** (Clorox), the plain unscented type.

Do not use the frosted type of plastic jugs that we buy milk and water in for storage purposes. These are for **short time** use and will deteriorate too soon for storage use.

Keep some coffee filters available to be able to filter any cloudy or murky water you obtain during an emergency. Then treat it with sixteen (16) drops of Chlorine Bleach mix well and let stand for at least thirty (30) minutes before using.

A little Tang or Kool-Aid can be added at the time of drinking to avoid the slight bleach taste.

Mineta Transportation Institute, 210 N. Fourth Street, San Jose, CA 95112

(OVER)

8. Make a GoKit Document Cache:

- Copies of the tax bill, mortgage papers or property deed to prove homeownership; copy of lease to prove legal right to alternate shelter.
- Copies of 2 utility bills less than 1 year old to prove residency (owners and renters)
- Copies of the credit card list and emergency numbers to report lost cards
- Copies of all family drivers' licenses and auto registrations
- Copies of all Social Security Cards
- A copy of the wills for each family member. Make sure that an out of area family member has another copy in a safe place, and that your legal adviser has a copy.
- Copies of funeral arrangements in place or last wishes for adults.



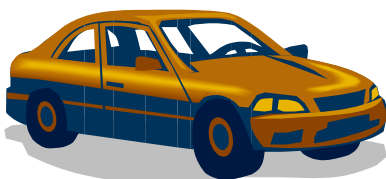
9. Car Kit Have some simple things in your car. Think about yourself and family members.

- Water, some snack food, any required prescription medication, and any special needs for your children.
- Hat, jacket, blanket or shawl. You may need to keep warm.
- Writing paper, several pencils, a flashlight, (keep the batteries **out** of the flashlight until you need it. This prevents corrosion of the flashlight.
- Shoes you can walk some distance in. Ladies should avoid “heels, open toes, and sandals.
- Simple personal hygiene and items for your comfort.

Water, Food, and Medication should be **changed weekly**. Put a fresh supply into the kit and use what you take out. You do not have to buy extra and nothing spoils. Flashlight batteries should be replaced and used every few months.

Shoes and **extra clothes** need not be new. Those that are out of style, may need a little sew-up, or have a stain, will work just fine in an emergency.

Start small. Then build as you can. **Begin**, the rest is easy.



Mineta Transportation Institute, 210 N. Fourth Street, San Jose, CA 95112



EMERGENCY KIT FOR THE CAR

WATER. This is your most important item. You will need water to drink, for first aid, and to take medicine. In your kit, have at least one gallon of water per person, based on who usually rides in your car. You could purchase a box of foil packets or cans of water at a camping store, or one liter bottles at COSTCO in a 20 bottle flat.

PRESCRIPTION MEDICATIONS. This is the second most important item. If you take medications on which your health depends you must carry a three-day supply at all times. This would include heart, blood pressure and diabetic medications. If you regularly take other prescription drugs for allergies or other health concerns, it is also wise to carry these. Keep this supply fresh by rotating it every week. Also include any non-prescription medications you often use: nose drops, antihistamine, allergy remedies, diarrhea medication, or indigestion medications. In times of stress such as an emergency health problems can become worse. Having proper medications and keeping to the prescribed schedule is very important.

FOOD. Food is important for psychological reasons and to keep your blood sugar level up to avoid dizzy or shaky feelings. People with diabetes, heart disease, or other health problems should consult their physicians for advice about the foods for their kits. The healthy general public should select foods like crackers, peanut butter, snack packs of fruit, pudding, granola bars, dried fruit, and single serving cans of juice. Plan on four light meals per day. Avoid high sugar foods like candy and soft drinks as they make you very thirsty. Avoid alcoholic beverages.

LIGHT SOURCE. A chemical light stick provides long shelf life and a sparkless source of light. A flashlight with a special long-life battery or a long-burning candle may be used after you have checked the area to be sure that there is no leaking gas or petroleum in the area. Do not rely on a regular flashlight as ordinary batteries lose their power quickly in the heat of a car. You might consider an electric light with an attachment to your car cigarette lighter, available at camping stores.

RADIO. Your car radio is your source for emergency broadcast information. Get a list of all-news stations for the area where you live, work, and areas you drive to or through. Keep this list in your glove compartment and in your emergency kit. A hand cranked emergency radio is also useful and eliminates the need for batteries. These often come with flashlights that run on the same power source.

EMERGENCY BLANKET. Mylar emergency blankets are available at camping-goods stores. They can be used as a blanket or a heat shield against the sun. They fold into a small package. A thermal blanket may be substituted when storage space permits.

FIRST AID SUPPLIES. Include 4x4 gauze, cloth that can be torn into strips to hold a bandage in place, Kerlex, anti-bacterial ointment (Neosporin, Bacetracin, etc.), burn cream, rolls of gauze, large gauze pads, rolls of first aid tape, scissors, a large cloth square for a sling or tourniquet, safety pins, needles and heavy thread, matches, eye wash, and a chemical ice pack. Rotate these supplies every six months.

PERSONAL CARE AND HYGIENE ITEMS. Alcohol-based hand sanitizer, small plastic bottle of pine oil or other disinfectant, six large heavy-duty garbage bags with ties for sanitation and waste disposal, box of tissues, roll of toilet paper, plastic bucket to use as a toilet after lining it with a plastic garbage bag.. (Your smaller kit items can be stored in your bucket inside a sealed trash bag).

ADDITIONAL ITEMS TO CONSIDER. Sturdy shoes (especially if your work shoes are not good for walking), sweater or jacket, hat/sun visor, mouthwash, feminine hygiene supplies, whistle (to attract attention and call for help), rope or string, pencil and tablet, change for a pay phone.

DON'T LET YOUR GAS TANK FALL BELOW HALF FULL! The radio and heater in your car may save your life, but you can't run the car's accessories long without the gas to start the engine and re-charge the battery. If you travel in isolated areas, on the freeway, or far from home, an adequate gasoline supply is crucial. Fill up often. After the quake the gas pumps may not work for several days while electrical power is restored, and once the pumps work, the supplies will quickly be depleted through panic buying. **NEVER CARRY CANS OF GAS IN YOUR TRUNK!** A can of gas is a bomb!

SPRING AHEAD!



SPRING AND FALL JOBS: IMPORTANT STEPS TO TAKE WHEN YOU CHANGE THE CLOCKS!

1. Change the batteries in your smoke detectors. Save the batteries for re-use in handheld electronic devices and toys. Recycle used batteries through the County's Household Hazardous Waste Program: 408-299-7300 (Santa Clara County, California).
2. Change all the batteries in your emergency supply kits and your household flashlights. Follow the same reuse and recycle steps as in #1.
3. Rotate the food, water and non-prescription medications in your car kit, desk kit and household caches. Use the previously stored food within the next few weeks. Ensure that the newly stored food is recently purchased and has at least nine months left on the "use by" date noted on the container. Discard medications from the car kit has heat in the trunk causes them to deteriorate, and put desk kit items in the front of the medicine chest for first use.
4. Check your gas shut off valve. Turn the valve 1/8th of a turn in each direction to ensure that the valve moves freely. If the valve does not move readily, **call PG&E for a free valve service** and lubrication. **THIS IS NOT A DO-IT-YOURSELF JOB!**
5. Sort through the supplies stored under your kitchen sink and in the laundry cupboard. Ensure that you keep all liquid cleaning products containing "chlorine" or "bleach" in the laundry, and all liquid products containing "ammonia" in the kitchen. If you have children in the home ensure that these cupboards are protected with properly installed and working safety latches to prevent child poisoning.
6. Sort through the toxics stored in your garage. If you find items that you no longer need, properly recycle or discard those items in their original containers through the County's Household Hazardous Waste Program: 408-299-7300 (Santa Clara County, CA). Ensure that the items you keep are segregated by category and properly stored in waterproof containers with lids, and with locks if you have children in your household. Sort into paint and painting supplies; gardening fertilizers and pesticides; automotive products; and hobby supplies. Store the lidded containers on the garage floor or behind locked cupboard doors.
7. Review the medical information in your Vial of Life and with your child's caregiver. Update the information to add or change medical conditions, medications and dosages, doctors' names and phone numbers, and emergency contact information.

These seven steps taken every six months will ensure that you are ready for emergencies!

FALL BACK!



Confidential Household Data for Your Disaster Kit

Address: _____ Phone: _____
Adult Name: _____ Work Phone: _____
Employer: _____ Work Hours: _____
Adult Name: _____ Work Phone: _____
Employer: _____ Work Hours: _____

Other adults in the household:
Any with disabilities?:

Children	Birth Year	School
_____	_____	_____
_____	_____	_____
_____	_____	_____

Persons authorized to pick-up children from school (Info on emergency release card)

Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____
Name _____	Phone _____

Pets in Household:

Type: _____	Medical Problems _____
Type: _____	Medical Problems _____
Type: _____	Medical Problems _____

Household Cell Phones, E-mail addresses, Ham Radio Call Signs, etc.

What language is spoken at home: _____

What languages can you act as a translator for:

Important Medical Conditions in Family, including allergies and special medications:

Neighbors that have your house key:

Address _____

Out of Area Contact:	Relationship:	City:	Phone:
_____	_____	_____	_____
_____	_____	_____	_____

Family meeting place:
Address: _____

Phone: _____

Make a rough sketch of your home showing the locations of gas & water valves and electric switches. Show entry and exits, location of pool or hot tub. Include location of your emergency and first aid supplies.

Hot Water Heater Strapped Top & Bottom Yes _____ **No** _____ **Need Help** _____

What neighborhood teams are your family members part of?



FIRES, FLOODS, FAULTS, TERRORISTS...

DO YOU KNOW WHERE YOUR VITAL RECORDS

EMERGENCY INFORMATION IS...?

During a disaster, like an earthquake or flood, you may need to evacuate your home rapidly. You will want to have some important legal documents with you, and others in a safe place. Take steps now to ensure that you safeguard your legal documents, and have appropriate access to them for disaster recovery!

1. Open a bank safe deposit box, or buy a fireproof safe for essential, irreplaceable, original documents. These include:

- Family birth certificates
- Marriage certificates and divorce papers
- Citizenship papers
- Military records and discharge papers, copies of the face of military ID cards
- Copies of insurance policies with agent contact information
- A list of bank accounts with the bank address
- A list of credit card numbers and addresses
- Accountant's copy of your income tax filings for 7 years
- Securities, US Savings Bonds, certificates of deposit, and other financial instruments
- Original Social Security Cards for all family members
- Titles and deeds for property
- Vehicle titles and a copy of the registration papers

2. Make a GoKit Document Cache to keep in your family emergency kit. Organize these records in a 1" ring binder with page protectors, or in a waterproof container. You can use a 14" piece of 3" PVC pipe and two end caps. Use adhesive to attach one end cap permanently, and use a threaded cap for the other end. Fill the book or tube with the following documents/copies and update it each spring and fall.

- Copies of birth certificates and marriage/divorce papers
- Emergency contact information for all family members: work address and phone, school address and phone, day care/after school care address and phone
- Out of area contact person's name, address and phone number
- Copies of citizenship papers/green cards
- Original passports for all family members
- Military papers to prove Veterans Benefits eligibility, copies of the face of military ID cards
- Copies of medical information for each family member: physicians names and numbers, prescription drug names and dosages, pharmacy name and number
- Copies of insurance policies with 24 hour contact information for every policy
- Copies of the tax bill, mortgage papers or property deed to prove homeownership; copy of lease to prove legal right to alternate shelter
- Copies of 2 utility bills less than 1 year old to prove residency (owners and renters)
- Copies of the credit card list and emergency numbers to report lost cards
- Copies of all family drivers licenses and auto registrations
- Copies of all Social Security Cards
- One pad of checks and one credit card for an account that you seldom use. Use for emergency expenses: food, alternate lodging, replacement clothing
- \$50 in small bills in case cash registers and credit card machines do not work
- \$10 in quarters for the pay phone
- A copy of the wills for each family member. Make sure that an out of area family member has another copy in a safe place, and that your legal adviser has a copy.
- Copies of funeral arrangements in place or last wishes for adults.

DON'T LEAVE YOUR FAMILY'S FINANCIAL SECURITY TO CHANCE...BE PREPARED!