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## EMPLOYEE EMERGENCY KIT FLIER

**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 day for at least three days. You could purchase a box of foil packets or cans of water at a camping store for long term storage, or rotate a supply of bottles.

**PRESCRIPTION MEDICATIONS.** This is the second most important item. If you take medications on which your health depends you must carry a five-day supply at all times. This would include medications for heart, blood pressure and diabetic conditions, for example. If you regularly take 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 maintain your blood sugar level 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, canned and dried fruit, pudding, granola bars, and single serving juice packs. Plan on four light meals per day. Avoid high sugar foods like candy and soft drinks as they make you very thirsty. Do not drink alcoholic beverages, as they are dehydrating and interfere with safety.

**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.

**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 added 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, Bacitracin, etc.), burn cream, rolls of gauze, large gauze pads, roll 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 INCLUDE.** Sturdy shoes (especially if your work shoes are not good for walking), sweater or jacket, hat/sun visor, sun screen, mouthwash, feminine hygiene supplies, whistle (to attract attention and call for help), rope or string, pencil and tablet, cell phone charger with car adapter, change for a pay phone, safety glasses, work gloves. Consider extra hearing aid batteries and extra eye glasses.

**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 an earthquake 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!

Revised 1/29/10

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