



EMERGENCY PREPAREDNESS – BASIC EMERGENCY KITS FOR YOUR HOME

During and immediately following a disaster, the City's resources will be stretched or temporarily overwhelmed. To help prepare for a disaster, everyone is encouraged to develop a degree of self-reliance for at least 72 hours by putting together a basic emergency kit for your home and car. Recommend items to include in a basic emergency kit include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- 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 and extra batteries for both.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.

The following is a list of additional to consider adding to your home emergency kit:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher.
- Matches in a waterproof container.
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates and plastic utensils, paper towels.
- Paper and pencil.
- Books, games, puzzles or other activities for children.

For more information on emergency management, take a look at the following websites:

www.emd.wa.gov

www.fema.gov

www.ready.gov

www.redcross.org

www.seattle.gov/emergency

www.govlink.org/3days3ways