

# Disaster Preparedness Checklist



**W**hen disaster strikes, you will not have time to act. Prepare now for an emergency. Protect yourself and cope with disaster by planning ahead. This checklist will help. Discuss these ideas with family and prepare an emergency plan.

**I**n a large scale disaster the ability for local, state, and federal governments to respond quickly and adequately will be severely impeded. Use this guide to make your family self-sufficient and self-sustainable during a disaster.

## Create an Emergency Plan

- Meet with household members to discuss fire, severe weather, earthquakes and other emergencies.
- Find the safe spots in your home.
- Discuss power outages and personal injuries.
- Mark two escape routes from each room.
- Demonstrate how to turn off the water, gas and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated during a disaster.
- Pick two emergency meeting places.
  - ✓ 1) A place near your home in case of a fire.
  - ✓ 2) A place outside your neighborhood in case you cannot return home after a disaster.
- Take a basic first aid and CPR class.
- Keep family records in a water and fire-proof container.

## Store supplies and tools

### First Aid Supplies

- Adhesive bandages, various sizes
- 5" x 9" sterile dressing
- Conforming roller gauze bandage
- Triangular bandages
- 4" x 4" sterile gauze pads
- Roll 3" cohesive bandage
- Germicidal hand wipes or waterless, alcohol-based hand sanitizer
- Antiseptic wipes
- Pairs large, medical grade, non-latex gloves

- Tongue depressor blades
- Adhesive tape, 2" width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- Assorted sizes of safety pins
- Cotton balls
- Thermometer
- Tube of petroleum jelly or other lubricant
- Sunscreen
- CPR breathing barrier, such as a face shield
- First aid manual

### Sanitation Supplies

- Washcloth and towel
- Towelettes, soap, hand sanitizer
- Tooth paste, toothbrushes
- Shampoo, comb, and brush
- Deodorants, sunscreen
- Razor, shaving cream
- Lip balm, insect repellent
- Feminine supplies
- Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper
- Medium-sized plastic bucket with tight lid
- Disinfectant and household chlorine bleach
- A small shovel for digging a latrine
- Toilet paper
- Contact lens solutions

### Tools

- Portable, battery-powered radio or television and extra batteries
- NOAA Weather Radio
- Flashlight and extra batteries
- Signal flare

- Fire Starter
- Multi-tool
- Duct tape and scissors
- Plastic sheeting
- Whistle
- Small canister, ABC-type fire extinguisher
- Compass
- Work gloves
- Paper, pens, and pencils
- Needles and thread
- Battery-operated travel alarm clock

### Kitchen items

- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- All-purpose knife
- Household liquid bleach to treat drinking water
- Sugar, salt, pepper
- Aluminum foil and plastic wrap
- Resealable plastic bags
- Small cooking stove and a can of cooking fuel (if food must be cooked)

### Food and Water Supplies

- Water
- Ready-to-eat meats, fruits, and vegetables
- Canned or boxed juices, milk, and soup
- High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix
- Vitamins
- Special foods for infants or persons on special diets
- Cookies, hard candy
- Instant coffee
- Cereals

# International Disaster Response Network

## Clothes and bedding

- Complete change of clothes
- Sturdy shoes or boots
- Rain gear
- Hat and gloves
- Extra socks
- Extra underwear
- Sunglasses
- Blankets/sleeping bags and pillows

## Documentation and Keys

- Credit cards
- Extra set of house keys and car keys
- Copies of the following:
  - Birth certificate/Marriage certificate
  - Driver's license/Passports
  - Social Security cards
  - Wills/Deeds
  - Inventory of household goods
  - Insurance papers
  - Immunization records
  - Bank and credit card account numbers
  - Emergency contact list and phone numbers
  - Map of the area and phone numbers of places you could go

## Prepare a Portable Disaster Supplies Kit GO BAG

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

### Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers.
- A supply of non-perishable packaged or canned food and a non-electric can opener.  
Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and extra batteries.
- Credit cards and cash.
  - ✓ \$100 dollars in 10 x \$10
  - ✓ \$10 in quarters
  - ✓ Prepaid phone cards
- An extra set of car keys.

- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members.

## Shelter Box

- Family Dome Tent
- Water Bucket
- Sportsman Trunk
- Multi-fuel stove
- Multi-fuel Hose Connection
- Enamel
- Eating Utensils
- Metal Plates
- Cooking Kit
- Candle Lantern
- Mini Spatula
- Rope
- Cup - Drinking
- Insect Repellent
- Shovel with wood saw
- Nylon Repair Kit
- Emergency Blanket
- 10' x 12' Tarp
- Para Cord
- 5 Gallon Collapsible
- Wool Blanket
- Water Purification filter

## Home Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely and brace overhead light fixtures.
- Place large, heavy objects on lower shelves.
- Hang pictures and mirrors away from beds.
- Strap water heater to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.

- Clean and repair chimneys, flue pipes, vent connectors and gas vents.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your house.
- Use travel routes specified by local officials.

## If you are sure you have time ...

- Shut off water, gas and electricity.
- Let others know when you left and where you are going.
- Make arrangements for pets. Animals may not be allowed in public shelters.

## If you need to evacuate

- Listen to battery powered radio for the location of emergency shelters.
- Follow instructions of local officials.

## Prepare your vehicle kit

### Include:

- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter
- Maps, Shovel, Flares
- Tire repair kit and pump