

Northside EmPrep
Household Emergency & Health Supplies
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First Aid Kit (Basic)

- Vinyl or nitrile gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Sterile saline for flushing eyes or general decontamination
- Thermometer
- Medications you take every day, always updated
- Med supplies such as for glucose & blood-pressure monitoring
- Non-prescription drugs: e.g.,
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid
 - Laxative
- Other supplies: e.g., Scissors, Tweezers, Petroleum or other lubricant jelly

Supplies (More Advanced) for unique needs

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For more information about the care and feeding of infants and young children during an emergency, see information from the California Department of Public Health: <http://www.cdph.ca.gov>

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Ask your doctor about storing prescription medications such as heart & high blood pressure medication, insulin and other prescription drugs.

Think about your clothing and bedding supplies.

Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat
- Long pants & shirt

Emergency Supplies

Keep enough supplies in your home to survive on your own, or shelter in place, for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only. Check expiration dates of food and update your kits when you change your clock during daylight-saving times.

- List of significant medical problems, medication list with dosages, and list of allergies for each family member placed in labeled, plastic medication bottle (rescuers might then know what/where to look).
- List of family members/pertinent contact phone numbers.
- 3 days supply of significant medications—**they should be carefully labeled.**
- One gallon of drinking water per person per day
- Non-perishable, ready-to-eat canned foods and manual can opener
- Flashlight
- Battery-operated AM/FM radio and extra batteries (you can also buy wind-up radios that do not require batteries)
- Whistle
- Iodine tabs or one quart unscented bleach (for disinfecting water, only if directed) and eyedropper (for adding to water)
- Personal hygiene items: soap, feminine hygiene products, toothbrush & toothpaste, etc.
- Phone that does not rely on electricity
- Childcare supplies or other special care items

Other:

- Dust masks to help filter contaminated air
- Hard Hats
- Safety goggles
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Cell phone with chargers, inverter or solar charger
- Immobilization board (“Spine board”)—a hollow-core door (called a “slab” at Home Depot) if it is at least 2 ft. x 6 ft.
- Waterproof matches
- Swiss Army knife
- Candles

- Box of nails
- Sleeping bag/blanket
- Pen and paper
- Small board splints or newspapers
- Extra pair of glasses
- Safety pins
- Biodegradable soap
- Can opener
- Pencils, pen & paper

Go Bag

http://www.nyc.gov/html/oem/html/get_prepared/supplies.shtml

Every household should pack a Go Bag—a collection of items that you may need in the event of an evacuation. A Go Bag should be packed in a sturdy, easy-to-carry container such as a backpack or suitcase on wheels. A Go Bag should be easily accessible if you have to leave your home in a hurry. Make sure it is ready to go at all times of the year.

- Copies of your important documents in a waterproof and portable container (insurance cards, photo IDs, proof of address, etc.)
- Extra set of car and house keys
- Credit and ATM cards and cash, especially in small denominations. We recommend you keep at least \$50–\$100 on hand.
- Bottled water and non-perishable food such as energy or granola bars
- Flashlight
Note: Traditional flashlight bulbs have limited lifespans. LED flashlights last up to 10 times longer.
- Battery-operated AM/FM radio and extra batteries
- Keep a list of the medications each member of your household takes, why they take them, and their dosages. If you store extra medication in your Go Bag, be sure to refill it before it expires.
- Essential personal items
- Contact and meeting place information for your household, and a small regional map
- Child-care supplies or other special care items
- Lightweight raingear and Mylar blanket

Water

<http://www.ready.gov/build-kit/water>

You should store at least one gallon of water per person per day. A normally active person needs at least one gallon of water daily just for drinking. Individual needs vary, depending on age, physical condition, activity, diet & climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day—for drinking and sanitation
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- In very hot temperatures (e.g., fire), water needs can double.
- Keep at least a three-day supply of water per person.

How should I store water?

It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or “use by” date. Store in cool, dark place.

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.

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.

Storing water in plastic soda bottles

Follow these steps for storing water in plastic soda bottles:

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. Mix 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.

Food

<http://www.ready.gov/food>

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.

- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole-grain cereals, and canned foods with high liquid content.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods