

Weathering A Storm

Severe summer storms, a hurricane or winter/ice storm . . . they can all cause power outages. Use these tips to prepare your family's emergency readiness kit.

Water

A 3-day supply of water per family = one gallon of water per person, per day. Don't forget your pets.



Food

A 3-day supply of non-perishable and canned, ready-to-eat foods. Don't forget a can opener, food for infants and pets.



Hygiene Items

Soap and other body care products, toothbrush and toothpaste, toilet paper, baby wipes, glasses, contact lenses and solutions.



Medications

7-day supply of medications, (prescription & non-prescription) and medical supplies such as syringes, canes/walkers, hearing aids and batteries.



Personal Documents

Keep all important papers—passports, birth certificates, proof of address, insurance, medical conditions/treatment and pets—with you in a secure location.



First Aid Kit

Basic first aid items: band aids, sterile gauze, medical tape, disinfectant, tweezers, cotton swabs, thermometer, extra blankets & pocket knife/all-purpose tool.



Emergency Supplies

Other necessary supplies include a LED flashlight and batteries, weather radio, matches and a whistle. Don't forget cell phone charging cords and battery chargers.



Source: www.cdc.gov/phpr/areyouprepared/kit.htm

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