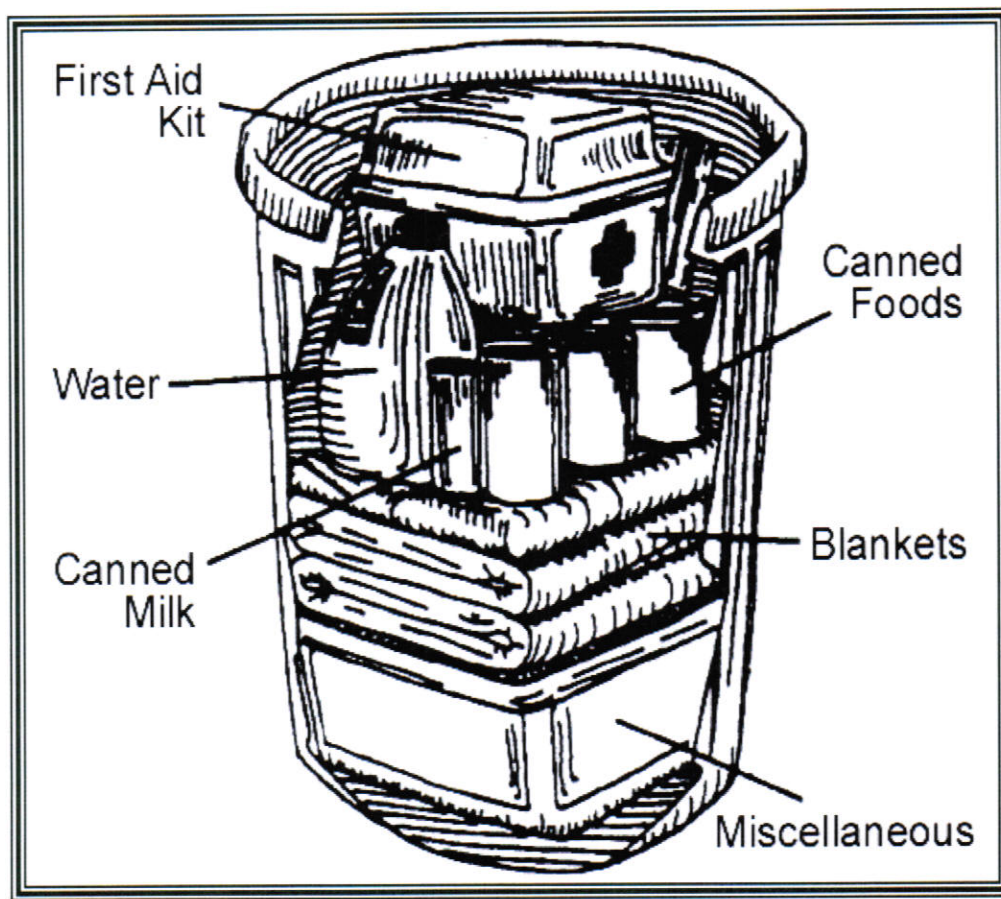


Dickey County Community Preparedness Education

Preparing our Nation -1 Household at a time !

THE 72 HOUR EMERGENCY KIT



It's never too early to prepare! Disasters seldom give warning and are often devastating to their victims. Simple planning now, will determine how well you get through the rough times. Most disasters in Dickey County will require sheltering in place, however evacuation scenarios do exist. Your Kit and supplies should be designed to be easily taken with you.

Larger kits garbage cans, foot-lockers, chests, duffle bags, tote bags, ice chests, various size suitcases or various size plastic boxes can be used. **REMEMBER**, a water-tight container is most ideal for keeping a 72-Hour Kits and supplies.

Suggested Areas To Store Emergency Kit(s)

Store grab-and-go food and water containers where you have easy to access in case you are advised to evacuate. Children and adults keep their emergency kit(s) in their bedrooms. Let the children have responsibility for their own backpacks and have the older children buddy-up and take care of younger brothers or sisters. Mom, Dad take care of baby.

If a senior citizen or special needs individual resides with the family, also buddy-up and help them for they move slower and a backpack may be too heavy for them to carry.

Prepare yourself for a minimum of 3 days. Due to overwhelming need, limited resources, the possibility of utility failures and /or lack of road access, normal access to stores, financial institutions or emergency services may not be available for up to 72 hours after a major disaster.

Storing Emergency Supplies

- Choose a location, such as a closet or "safety corner" in the garage, where it is cool and dark If you live in an apartment or have limited space, be innovative Other possible storage locations include under the bed, under stairways, or even in a large box or plastic tub that can be covered with a tablecloth and used as an end table.
- Layer supplies as shown, and keep them together in a container such as a plastic garbage can with wheels Check every 6 months for food expiration dates, children's clothing sizes, etc.
- Start with what you already have! If you're a camper, hunter or backpacker, you've got a head start. Your tent, cook stove, and other gear can double as emergency supplies. Boats, trailers, campers can be kept loaded with key gear needed for quick access.

FOOD

Use canned foods for easy storage and long shelf life. Choose ready-to-eat canned meat, fruits and vegetables that your family likes (During a disaster is not the time to try new menu items - you're under enough stress!) Keep food fresh by checking dates and replacing it every year.

- Also recommended are canned or dried juice mixes, powdered or canned milk, high-energy food (peanut butter, jelly, crackers, unsalted nuts, and trail mix), cereals, and rice.
- Store foods in single- or family meal-size packaging - *unrefrigerated leftovers can lead to food poisoning.*
- Add a manual can opener, cooking and eating utensils, and basic food seasonings.

WATER

- Store a three-day supply of water for each family member. One gallon per person per day is recommended for drinking, cooking, and washing. Remember to include water for your pets. Write the date on the water containers and replace them every six months.
- Learn how to remove the water from your hot water heater just in case you need it. Be sure to turn off the gas or electricity to the tank before draining off water for emergency use.
- Purify water by boiling it for 5 to 10 minutes or by adding drops of household bleach containing hypochlorite. The Federal Emergency Management Agency (FEMA) recommends 16 drops of bleach per gallon of water. Water purification tablets or a filter system such as those designed for campers and backpackers also work.

OTHER ITEMS

First aid kit and training for every family member

- Blankets, sleeping bags and tent or tarp for improvised shelter
- Battery-powered clock
- Candles, gas lantern, matches
- Flashlights, and a head lamp for hands free work
- Battery-powered AM/FM/NOAA weather radio- extra batteries –
- Mess kit with utensils
- Good Emergency Preparedness (survival guide) manual
- Money- at least \$100 cash in small bills- [ATMs, debit cards and Banks require electricity!]
- List of insurance policy numbers
- Fire extinguisher
- **Large heavy leaf**/trash bags- *water proof storage*
- Medications, vaccination records
- Copy of prescriptions- extra critical medication
- Extra eye glasses
- Hearing aid batteries
- Cook stove with fuel
- Heavy gloves, plastic sheeting
- Duct tape - bailing wire or twine
- Sturdy shoes for each family member
- Ax, shovel, broom, and a good strong knife
- Pliers, wrench, pry bar', hand saw, simple hand tools
- Household bleach
- Map of area (for identifying evacuation routes or shelter locations)
- Diapers, baby formula, toys, books or games to occupy your child
- Pencil, paper, list of phone numbers
- Hygiene products, toilet paper, liquid soap, hand sanitizer
- Warm set of clothes for each family member
- Create a family emergency plan if separated- where to meet, safe houses, etc

- Assign 2 out-of-state family members for contact

Phone numbers written down as cell batteries may die-

- Clothes repair kit (needle, thread, buttons)

PETS

- Don't forget your pets! Store canned and dry pet food, water along with an extra collar and leashes. *Pets are not allowed in most shelters.* If evacuated, you may have to leave them behind with extra food.

Being prepared is another form of insurance

The preparations you make now are for *you and your family's comfort and safety* during tough times. Our rural/remote locations and limited emergency resources dictate that you do your part take care of your selves until help can arrive. Being a victim is NO FUN!

Make preparation fun!- exercise your plans while testing your supplies. IE: Plan a family **POWER OUT** night by turning off all of your lights, computers, TV etc. Cook your meals with your camp stove, ration the water, use only the equipment in your kits etc. This will immediately show you what you *forgot* for your kit. The family time playing card or board games will add to the adventure.

Be creative- exercise nights like this will teach our families to adapt and when the unforeseen event happens, and you have to do it for real, the **stress** levels will be down for everyone. It is always better to find out you don't remember how to light the Coleman Stove on a fun night, than when its cold and dark and everyone's hungry!

For more preparedness information or a list FREE training in your area contact: The Dickey County Office of Emergency Management 1-701-320-6299