

Emergency Preparedness

1. Get a backpack or duffle bag and hang it near the outside exit. Make sure it is easily accessible when leaving in a hurry. The following is a list of items to put in the backpack. It is by no means complete but remember you have to carry this backpack.
1. Water is the most important item – try and take enough to last you for 24 hours.



2. Put some cash in the bag. Remember if there



is a power outage many bank machines and grocery store cash registers don't work. Try and put around \$100 in small bills. Remember if you borrow from that money – put it back.

3. Non-perishable food in tin cans is best but then remember to put in a can-opener for the food. Try and include protein such as beans, tuna etc.



4. Some other things to include are toilet paper , scissors extra keys for your house and car.



5. One of the most important things to put in your bag is a list of medications and the dosage you are currently on. Sometimes the emergency response people can get you refills but if you are injured, in shock etc. they may not know what your needs are. This list is VERY



IMPORTANT.

6. Put a small first aid kit in your bag – this could include bandaids, gauze, some tape, polysporin etc. Make sure it is in a sealed ziplock bag so it doesn't get wet.



7. A flashlight, some garbage bags are always needed and a good thing to include. Make sure the batteries are working in the flashlight.



8. Last, but not least put in some personal items, clean socks and underwear would be good. If you are a senior and need other personal needs include some of them. Remember this is supposed to be a temporary supply, but one never knows how long the emergency will last. Some people like to put in a few family photos and definitely a contact list, but once again remember you have to carry this bag.

Hopefully you never need it, but this list is just a start and it would be good for you to collect the things now when you are calm and able to think clearly. Emergencies can come in all forms, storms, power outages, tornadoes etc.

BE PREPARED

