

Make a Kit

Assemble a 3-day emergency supply kit to see you through until assistance arrives.

- 3-day supply of water (1 gallon per person per day) and nonperishable food
- Battery-powered or hand crank radio and a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert
- Flashlight and extra batteries
- Sanitation and hygiene items (moist towelettes, garbage bags, toilet paper)
- Whistle to call attention
- Dust mask to help filter contaminated air, and plastic sheeting and duct tape to shelter in place
- Manual can opener for food
- Cash and change
- Wrench or pliers to turn off utilities
- First aid kit
- Local maps
- Cell phone with chargers and backup battery



Have a Plan

- Meet with family members to discuss plans.
- Identify responsibilities for each member.
- Select two meeting places:
 1. Outside your home
 2. Outside your neighborhood
- Have an out-of-area phone contact.
- Know a pet-friendly hotel/shelter.
- Practice your plan.

Be Informed

Once your supplies are put together, you must maintain them so they are safe to use if needed.

- Know what disasters might occur in your area, such as:
 - Floods.
 - Hurricanes.
 - Bioterrorism.
 - Hazardous materials (hazmat) incidents.
 - Fire.
- Get training in:
 - CPR.
 - First aid.
- Sign up for your state's, county's or city's alert system.
- Volunteer by joining the Medical Reserve Corps. For more information, visit:
www.nj.gov/health/lh/njmrc



Join the Medical Reserve Corps to help you and your community during a public health emergency.

Take note of where you stored your kits so you can grab what you need at a moment's notice.

EMERGENCY SUPPLY KIT: _____

FIRST AID KIT: _____

DOCUMENT HOLDER: _____

GO-BAG: _____

ARE YOU PREPARED?

FAMILY EMERGENCY CHECKLISTS



Start building your emergency supply kits now to prepare your family for life's unexpected emergencies.

For more information on planning for disaster, visit:
www.ready.gov

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What Foods Should You Include?

- Canned foods, such as meats, fish, fruits, vegetables and soups
- Other nonperishables including crackers, cereal, peanut butter, energy bars and juice boxes
- Plenty of bottled water: at least 1 gallon per person per day

First Aid Kits

Put together a first aid kit for your home and one for each car.

- Various shapes and sizes of adhesive bandages, dressings and gauze pads
- Cleansing agent (soap) and antibiotic wipes
- Rolls of 3" cohesive bandage and 2" adhesive tape
- Antibiotic and burn ointments
- Hand sanitizer
- CPR breathing barrier
- Sterile gloves (i.e., latex gloves)
- Scissors, needles, tweezers and safety pins
- Thermometer
- Cold pack
- Aspirin and non-aspirin pain relievers
- Cotton balls
- Anti-diarrheal medication, antacids and laxatives
- Sunscreen
- First aid manual

Kits for Those With Access and Functional Needs

- Wheelchairs, canes, walkers or other mobility devices
- Oxygen
- Extra hearing-aid batteries
- TTY
- Pen and paper in case you have to communicate with someone who does not know sign language



REMEMBER

Medications and food need to be rotated out of your emergency kit – otherwise they may go bad or become ineffective.

Essential Documents

Keep your essential documents with your at-home emergency kit and copies in your go-bag.

- Copies of:
 - Passports
 - Drivers' licenses or other ID
 - Insurance policies
 - Credit cards
 - Social Security cards
- Medications list, medical records (including immunization) and the dose of medication you and all family members take
- Bank account records
- Cash
- Family emergency plan
- Key contacts list with important phone numbers
- Wills and marriage certificate



Don't Forget About Your Pets!

Make a go-bag that includes enough food and water for 3 days. Have an extra set of your pet's must-haves (leash, muzzle, pet carrier, medication, kitty litter and scoop, vaccination record, current photo of your pet and toys) packed and ready in case you must evacuate.

Pet-friendly shelters typically are located within the same area or facility as human emergency shelters. Know where pet-friendly shelters are located.

During an emergency:

- Place your pets inside a crate or carrier.
- Have your and your pet's go-bags ready to go.
- Always take your pet with you.



Items for Children

- A favorite stuffed animal or blanket
- Books, games, puzzles or other fun things to do
- Pictures of family members and pets
- Crayons, pencils or markers and paper, scissors and glue
- MP3 player/portable DVD player/tablet

Infant Supplies

- Infant formula and bottled distilled water
- Medication not requiring refrigeration, such as infant Tylenol, Advil and Benadryl
- Baby food and baby spoon/dish/bibs
- Toys (rattles, teethers)
- Clean bottles and nipples
- Disposable diapers
- 2 pacifiers
- Disposable wipes
- Baby lotion, wash and sunscreen
- Diaper rash ointment
- Resealable plastic bags
- Rectal thermometer and lubricant
- Extra clothes
- 2 Mylar blankets (they retain heat)
- 2-3 receiving blankets
- Copies of medical and immunization records

