Emergency Preparedness

The Three Rivers District Health Department has published a disaster preparedness brochure suitable for all types of emergency situations including catastrophic weather events, other disasters, and public health emergencies such as a pandemic. If you purchase the items listed for each week, in five months you will have a well stocked disaster pantry. Of course, you can purchase more each week and be prepared in a shorter period of time. Watch expiration dates and replenish the stock as it is used.

It’s important to remember that during an emergency situation your body will react to the stress. Your thought process may not be as logical. Keep mechanical devices as simple to operate as possible. Being well prepared will help ease your stress. If you know certain foods or activities provide comfort for you, add those items to your emergency kit. Don’t forget comfort items for kids too (bags of candy, games, coloring books).

During an emergency, ice and other necessities will become in short supply. Keep a supply of smaller bills in you home to purchase those items. If you only have $50 and $100 bills, that’s what you’ll be paying for a bag of ice, a couple of batteries, or a gallon of water.

WEEK 1

1 gallon water*
1 jar peanut butter
1 large can juice*
1 canned meat*
Permanent marking pen
Hand-operated can opener
Also, pet-food, diapers and baby food if needed.

WEEK 2

Heavy cotton or hemp rope
2 flashlights with batteries
Matches in water proof container
Duct tape
Leash or carrier for pets

WEEK 3

1 gallon water*
1 canned meat*
1 can fruit*
Paper and pencil
Map of the area
Personal hygiene supplies including feminine hygiene products
Aspirin or non-aspirin pain reliever
Laxative

WEEK 4

Patch kit and can of seal-in-air product for the tires of mobility aids
Signal flare
Compass

Also, extra medications or prescriptions marked for “emergency use.” (Be sure to watch the expiration on medications closely.)

WEEK 5

1 gallon water*
1 canned meat*
1 can fruit*
1 can vegetables*
2 rolls toilet paper
Extra toothbrush
Toothpaste

Also, foods for special diets, if needed.

WEEK 6

Sterile adhesive bandages in assorted sizes
Safety pins
Adhesive tape
Latex gloves
Sunscreen
Gauze pads
Roller bandages

Also, extra hearing aid batteries, if needed.

WEEK 10

Battery-powered radio
Wrenches needed to turn off utilities (gas & water)
Waterproof portable plastic container for important papers
Back up power source (not an electric recharger) for your cell phone

Locate the main shut off valves for water and gas service to your house. Attach or leave the correct size wrench so it is available when needed.
Make photocopies of important papers and store safely.

WEEK 11

1 large can juice*
3 rolls of paper towels
1 box quick energy snacks
Large plastic food bags
Medicine dropper

WEEK 12

Extra harness, leash, ID tags, and food for pets.
Litter/pan
Extra water & water/food bowls
Prescription medicines for pets

Obtain a copy of current vaccination and medical records from your veterinarian. Include these records in the safe storage area with those mentioned in Week 10.

WEEK 13

Crow bar
Whistle
Pliers
Screwdriver
Hammer
Perforated metal tape (plumber’s tape or strap iron) to be used to secure heavy objects such as hot water heaters to wall studs in emergencies such as earthquakes.

WEEK 14

1 can fruit*
1 can meat*
1 can vegetables*
1 package eating utensils
1 package cups

WEEK 15

Extra flashlight batteries
Extra battery for portable radio
Assorted nails and wood screws
Attach instruction card to any equipment someone else may need to operate, such as an emergency generator.

WEEK 16

1 can meat*
1 can vegetables*
1 box facial tissue
1 box quick energy snacks
Dried fruit/nuts

Develop a disaster supply kit for your car, van or truck.

WEEK 17

1 box graham crackers
Dry cereal
Plastic containers with lids
Antidiarrheal medicine
Rubbing alcohol
Antiseptic
Activated charcoal—(caplet or loose form) for use in the event of poison ingestion. This is not the same as charcoal briquettes. Syrup of Ipecac is no longer recommended by poison control centers.

Arrange for a neighbor or someone close to your home to help with your children in the event you are not able to get home in an emergency.

WEEK 18

“Child proof” latches or other fasteners for cupboards
Plastic bucket with a tight lid
Double-sided tape or Velcro® to secure small moveable objects (earthquake consideration-presumably for aftershocks)
Plastic sheeting

Install latches on cupboards.
Put away a blanket or sleeping bag for each household member.

WEEK 19

1 box quick energy snacks
Comfort foods such as cookies or candy bars
Plastic wrap
Aluminum foil
Denture care items, if needed.
Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in this area.

Purchase and install emergency ladders for upper story windows, if needed.

**WEEK 20**

Camping or utility knife  
Working gloves  
Safety goggles  
Disposable dust masks  
2 blank video cassettes or memory device

Extra battery for motorized mobility aids if applicable.

Use a video camera to tape the contents of your home for insurance purposes. Send a copy to a friend or family out of town for safe keeping.

Find and review your workplace disaster plan.

*per each member of the household