

Preparing for Emergency

*A guide for families with Special
Needs and considerations.*



A resource of data from online sources.
1st edition

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Introduction

As a family with a child with special needs, it is sometimes difficult just to manage the day to day functioning of our family...medication, physical mobility, etc. When I saw an OPB episode discussing Oregon's earthquake and tsunami vulnerabilities, I thought to myself, "How would our family survive?" The thing that impacted me was they said each of us needs to be self sufficient for 2 weeks without power, water etc. Two weeks is a long time. They are always talking about "the big one," but even if a small one comes, will you have water, food, medication, a source of power? We did not, but are now working to the 2 week mark.

We decided to share this information with other families in the same situation. The data is a compilation of information gathered from multiple sources (each source is referenced separately throughout the document). This can seem like an overwhelming undertaking, so my suggestion is to find a topic that you think will impact your family, and start working on that area until you reach completion. Then take on the next area; otherwise it can over load you into doing nothing and that is not what our families need from us.

For more information, I found that the many local, state, and federal agencies are great resources. Other places to look are sites for camping, dried food supply, hunting, firearms, sporting goods stores, etc. Amazon, of course, has things you never knew you always needed! There are books and articles on every aspect. I went with getting a "Get home bag" and/or a "Go bag" stocked and ready.

Have fun with it and go with what is most important to you and what would make the most difference in a time of need for you or your neighbors.

Dave McCready

Chapter 1

Being Prepared for the next Storm...

Consumer Reports Published August 2014

Staying warm and keeping your home's plumbing from freezing this winter could be a challenge if a storm shuts down the power. The best portable generators can run your furnace, refrigerator, and other essentials for as little as \$600. Larger, stationary models, which install permanently outside your home, add an electric oven and dryer, central air conditioning, and other comforts to that list. And some of both types make less noise and use less fuel than others, though you pay for those benefits up front. Here are the details from [Consumer Reports' generator tests](#):

The king of quiet. Efficient inverter technology helps keep the portable [Honda EU7000i](#)s at roughly the level of normal conversation, compared with the equivalent of a loud vacuum cleaner for most other models. Automotive-style fuel injection also helped this 5,500-watt machine sip gasoline, rather than guzzle it. But at \$4,000, it costs more up front than even the largest stationary generator we tested. A better value: the [Generac RS7000E](#), a CR Best Buy for \$900, which makes far more noise but offers even more power.

Power without pooping out. All generators should be able to deliver the wattage they're claimed to provide, plus a little extra to handle temporary surge demands for refrigerators and other motorized items that cycle on and off. The portable [Generac RS7000E](#) and the stationary [Kohler 8.5 RES-QS7](#), \$3,200, and [Cummins 13GSBA-6722B/12B](#), \$4,300, were among the best at delivering that reserve power without bogging down or stalling. Kipor promises its portable [Kipor IG6000h](#) can "easily power appliances with a power-draining startup." But this \$2,300 generator cut out under even moderate loads and proved relatively noisy, despite its inverter technology.

Protection for sensitive stuff. Smooth, steady power without dips and steps helps protect computers and other electronics and keeps refrigerator motors from overheating. Several stationary generators delivered that power in our tests. But though most portables handled our household loads capably, few matched the smoothness of the pricey, inverter-equipped Hondas in our [generator Ratings](#).

A chain saw might come in handy in the wake of a weather emergency. Get the details below. And read about [lessons learned from Superstorm Sandy](#).

Shopping tips for generators

Look for smart features

Portables with electric start save you the effort of pulling on a starter cord. Most

automatically shut down if engine oil gets low. A fuel shutoff helps you drain gasoline from the carburetor and lines.

Decide on portable or stationary

In addition to offering more power, stationary generators start automatically when the power goes out. And - because they run on propane or natural gas, they save you the hassle and safety risks of storing many gallons of gasoline.

Plan for safe setup

A transfer switch (about \$500 to \$900 installed) safely connects a portable generator to your home's wiring. Avoid carbon-monoxide risks by running portables at least 15 feet from the house, away from open windows and doors.

Factor in fuel

Most portables use about 12 to 20 gallons of gasoline or four to eight 20-pound propane tanks per day. Stationary models can run 8 to 15 days on a 250-gallon propane tank.

Don't forget cost of installation

Kohler 14RESAL

To install a stationary generator, figure on \$2,000 to \$5,000, along with the required town or municipal permits. Your contractor should be familiar with proper setback distance, noise, and other local requirements.

What you need in an emergency

- A whistle to attract help, dust masks, duct tape, a wrench or pliers, flashlights, and batteries.
- At least 1 gallon of water per person per day for three days, moist towelettes, plus garbage bags.
- Sleeping bags.
- A first-aid kit, hand sanitizer, pain medicine, tweezers, and sharp scissors.
- At least three days' worth of crackers, cereal, canned foods—and, yes, a manual can opener.

Chain saws that clean up

Got trees? Add a chain saw to your list of emergency gear. In [Consumer Reports' chain saw tests](#), the models below buzzed through 6x6-inch oak beams and include an array of safety features.

Before you start cutting, always keep safety in mind. Most saws have a brake that stops the chain if the bar kicks back toward the operator, but you'll still need protective chaps, gloves, steel-tipped boots, a helmet, face shield, and hearing protection. (That gear costs about \$200.) Start gas saws on the ground at least 10 feet from a fuel source. Use two hands when sawing. Don't lean into the cut or saw above shoulder level. And avoid cutting with the tip to help prevent kickback.

Best for most needs

Stihl MS 180 C-BE



The Stihl combines speedy sawing with low kickback and a chain you adjust without tools. Paying more for the Echo buys less weight and easier handling.

[Stihl MS 180 C-BE](#), \$230 [Echo CS-352-16](#), \$270

For heavier work

All three are rated for 300 hours of use. The Echo and Husqvarna 455 Rancher are fast but heavy and kicked back more than some in our tests. The Husqvarna 445 trades some speed for less weight.

[Echo CS-590-20](#), \$400

[Husqvarna 455 Rancher](#), \$420 [Husqvarna 445](#), \$300 CR Best Buy

For more occasional use

Choose the gas Craftsman if power outages are common. Top performance at a low price makes the Worx a standout among corded saws, and the Ego topped our tests of cordless saws.

[Craftsman 34190](#), \$150 CR Best Buy [Worx WG303.1](#), \$100 CR Best Buy [EGO CS1401](#), \$300 CR Best Buy

Chapter 2

What to carry in your roadside emergency kit...

Consumer Reports Published June 20, 2014

A roadside emergency can happen at any time, whether your car is new or old. A range of problems can cause it, from a tire failure or mechanical breakdown to running out of fuel. At best, it's an annoyance; at worst, it can compromise your safety. Being prepared with a basic emergency kit can increase your safety, reduce stress, and help you get back on the road faster.

Even if you have roadside-assistance coverage or an automobile-club membership with roadside assistance, you usually need access to a phone in order to contact them and you may have to wait on the side of the road for an hour or more before help arrives. That's why we recommend that drivers carry certain items in their vehicle, even if it only gets used for everyday, around-town driving. This basic kit can be supplemented with additional items if you go on a long-distance trip or have to deal with winter weather conditions.

It's also important to make periodic checks on the equipment to ensure it's in working order—that the spare tire is properly inflated, batteries are not discharged, first-aid supplies are current, water is fresh, and food is dry. In addition, be familiar with how each tool works, from the cellular phone to the jack, before you need to use it in an emergency.

Basic kit

This kit is intended to aid you in getting help, signaling your car's presence to other motorists, and tackling simple challenges.

Cellular phone

We don't recommend that you talk on a cell phone while driving, but in an emergency, this can be the single most valuable component of your kit. Keep a car charger handy. This device plugs into the cigarette lighter or other power point in the car and charges the battery of your cell phone. When traveling, it's best to leave your cell phone on. Emergency tip: If you have to dial 911, remember that your location and phone number aren't always available to an emergency operator when calling from a cell phone. So give the operator your number and any information you have about your location. Ignore any "no service" messages on the phone and try the call anyway. If you have trouble

connecting to 911 from inside a car, get out if possible and call from the side of the road. That may help you get a better signal.

First-aid kit

Choose one that allows you to treat a range of problems, from small cuts or burns to ones that require major bandaging. We also suggest you get familiar with how to use the kit before you need to.

Fire extinguisher

A car fire can start from something as simple as a wiring short circuit or leaking oil. You should get away from a vehicle that's on fire as quickly as possible. Still, for extra security it's good to keep a fire extinguisher in the car that can be used in any emergency or to quickly dose a small flame that's just begun. The quicker a fire can be put out, the less damage it will cause. Multipurpose dry-chemical fire extinguishers are available in a variety of sizes. We recommend carrying a compact unit that's labeled 1A10BC or 2A10BC.

Warning light, hazard triangle, or flares

If your vehicle is stuck on the side of the road, it's vital that you give other motorists as much warning of its presence as possible, especially at night. Look for a battery-powered warning light that can be placed far from



the vehicle. Reflective hazard triangles and flares are also effective and don't need batteries.

Tire gauge

This should be used on a monthly basis to check the inflation pressure in all four tires and the spare tire. Because the ambient temperature affects tire pressure, it's also

advisable to check the pressure after a significant change in temperature. See our latest Ratings and buying advice on [tire pressure gauges](#).

Jack and lug wrench

Almost all vehicles come with these items for changing a tire. Refer to your owner's manual on where they're located in the vehicle and how to use them. Models that come with run-flat tires do not have a spare tire. Run-flat tires can be driven a limited number of miles with little or no air in them. They have very stiff sidewalls, which provide support when the tire is deflated. Learn more about the warning signs of [imminent tire failure](#).

Foam tire sealant or a portable compressor and plug kit

For minor punctures, a foam tire sealant can get your vehicle back on the road quickly. Only use it in an emergency, however, as many tire shops will refuse to repair the tire because of the sticky residue these sealants leave inside it. Be sure to choose a sealant that's labeled as non-flammable, and don't consider this a permanent fix. A portable DC-powered air compressor can also be used to inflate a tire--and is especially handy for one that suffers from a slow leak. To fix a puncture, however, you need to have it professionally repaired.

Spare fuses

If you experience an electrical problem, your first check should be for a burned-out fuse. These are easy to check and replace by referring to your owner's manual. Keep an assortment on hand of the proper type for your vehicle.

Jumper cables or a portable battery booster

Jumper cables are easy to use as long as you have a second car available to provide a jump. Refer to your owner's manual for instructions. A portable battery booster eliminates the need for a second car.

Flashlight

This can be critical at night. Choose one that is bright and weatherproof. In addition, a flashlight with a magnet, flexible mounting system, or a stand will free up your hands for other tasks. Also, have extra batteries and a bulb available.

Gloves, hand cleaner, and clean rags

Even the simplest jobs can get your hands dirty. Having these on hand will help keep that dirt from getting on your clothes or your vehicle's interior.

Auto-club card or roadside-assistance number

If you belong to an auto club or roadside-assistance program, be sure you have the necessary information in your vehicle.

Disposable flash camera

Following an accident, this lets you record the condition of your vehicle and other vehicles for insurance purposes. A cell phone camera can also work.

\$20 in small bills and change

Keep this available for miscellaneous use. And resist dipping into it for a spontaneous ice cream cone on a hot day.

Pen and pad of paper

This can come in handy for a range of uses, from leaving a note on the windshield should you have to leave your car to jotting down information after an accident.

Additional items for long-distance driving

For long trips, especially those through remote areas, add these items to your basic emergency kit.

Basic tools

This includes a set of socket and open-end wrenches, a multi-tip screwdriver, and pliers. This should be enough to perform simple jobs such as changing a lightbulb, tightening battery cables, and so on. Even if you don't know what to do, a Good Samaritan will still need something to work with.

Coolant hose repair kit and tape

A leaking coolant hose can sideline your vehicle quickly and possibly cause engine damage from overheating. Often, a leaking hose is a simple fix if you have the right items. They can be bought at any major auto-parts store.

Extra clothes and small tarp

Even if all you do is change a tire, these items can help keep your regular clothes clean.

Water and nonperishable emergency food

Bring enough food and water to sustain you and any passengers for at least a meal, longer for remote areas or in extreme hot/cold regions.

CB radio

If your route will take you into an area where cellular service is spotty, consider a portable or in-car CB radio.

GPS navigation system

This is an optional item, but good to have when traveling to new places.

Additional items for winter driving

For the cold, wet conditions of winter, you may need additional items in your emergency kit, especially if you travel in remote areas or in severe conditions.

Windshield scraper

Good visibility is your most important safety item, but persistent snow and ice can build up quickly and make it hard to see. A long-handled, soft-bristled brush can also come in handy.

Tire chains and tow strap

Familiarize yourself with how to put the chains on your vehicle's tires or attach a tow strap before you need to do it in cold and possibly dark conditions.

Blanket and winter hat

If you run out of fuel or if your battery dies, the vehicle won't be able to provide heat. A blanket and hat can help keep you warm if you have to wait for a long time in cold conditions.

Chemical hand warmers

These small, inexpensive packets are available at ski shops and sporting-goods stores.

Small folding shovel

If you get stuck in snow, this can be a vital tool. A folding camping-style shovel will require more digging effort than a longer-handled shovel, but is more convenient to store in the vehicle.

Bag of cat litter

This can help provide some traction on an especially slick road surface.

Chapter 3

Build an Emergency Kit for Your Car

By Suzanne Wiley published on October 28, 2013 in Camping & Survival

if you followed our tips from yesterday, “Get Your Car Ready” your car should be in tip-top shape for the cold winter months. However, severe winter weather may find you stuck or stranded, in an accident or sliding off the road. Snow and ice can cause traffic backups for hours, or if on a road less traveled, it might be a long time before someone can rescue you. You will want an emergency kit in your car to keep you safe, warm and hydrated while forced to wait it out.

If you are stuck, run the heater in your car for only 10 minutes every hour to avoid carbon monoxide poisoning with a window cracked. Stay inside your car as much as possible. Do not get out and walk, especially in whiteout conditions. Keep your interior light on so rescue workers can see you.

In addition, the following items are essential for your winter weather emergency vehicle kit:



Water

I keep a case of bottled water in the back floorboard of my car, not in the trunk. Smaller bottles will be easier to thaw than a gallon jug.

Do not ration water. Never risk dehydration. Dehydration can cause serious health problems. Even if water supplies are running low, drink the amount you need today and look for more tomorrow. Drink at least 2 quarts (half a gallon) of water each day. Children, pregnant women, people who are sick, and people living in hot climates should drink more – as much as a gallon. Don't forget about pets! Cats and dogs typically need 1 gallon for 3 days.

Only drink clean water. If you run out of safe drinking water in an emergency, there are steps you can take to make contaminated water safe to use. Visit CDC's Healthy Water website for instructions on how to make water safe for drinking or cooking. Untreated water can make you very sick, because it often contains toxic chemicals, heavy metals, and germs. Never drink flood water.

Protect your home. Learn where the water shut-off valve to your home is. If you hear reports of broken water or sewage lines, shut off the water to your house in order to avoid letting unsafe water enter your home.

Food

You don't need full meals and days worth of food for your emergency car kit, but protein bars and other non-perishable snacks to tide you over. I keep a few energy bars in the glove box and various items from MREs in the center console, such as peanut butter, gum and crackers.

Shovel

You will need to keep the snow out of your exhaust pipe to avoid carbon monoxide from getting inside your car. A shovel will also come in handy by digging snow from around your car's tires.



Blanket etc

I keep a thick, down comforter and lighter-weight sheet in my trunk.

If the trunk has frozen shut, keep an emergency blanket in the car. Other items that will help: warm clothes. Much of your body heat escapes from your head. Keep a beanie, scarf, and gloves handy. Hand warmers will work wonders to keep your hands warm, too.

Flashlight

Cold temperatures effect batteries, so buy a crank flashlight in case the batteries fail. The flashlight I keep in my car has a floodlight feature that illuminates a wider amount of space to change tires or look under the hood when it is dark.

Signal

Besides keeping your interior light on, hang a distress or signal flag on the windshield. Alternatively, you can tie a brightly colored rag or bandana to the antenna. Use your horn as an SOS signal by long blasts, 10 minutes apart. If all else fails, you can stamp "SOS" or "HELP" in the snow surrounding your car.

Watching the weather, planning your route and telling someone where you are going and when you are leaving will aid in your recovery should you become stranded. Remember to keep your gas tank at least half-full and your cell phone charged.

Chapter 4

15 Tips for Driving in Snow & Ice

By Suzanne Wiley published on November 12, 2013 in Safety and Training

Driving in snow and ice is treacherous. As a rule of thumb, if you can avoid going out—you should. Snow and ice can hit at any time, though and none of us wants to be stuck at work any longer than we have to, so when driving in severe winter weather is unavoidable, follow these top 15 safety tips for driving in snow and ice.



Number one rule for driving in winter weather? Slow down!

1. **Slow down!** There is not a magical speed limit when the weather is bad, but you can start by cutting the posted speed limit in half.
2. Allow at least three car lengths between you and the car in front of you when the roads are slick.

3. Keep your headlights on.
4. Avoid changing lanes on the freeway and drive in the lane that has been cleared and de-iced.
5. Steer in the direction of a slide—whether it is your back wheels or front wheels. Skidding left? Turn the wheel to the left. Skidding right? Turn the wheel to the right.
6. If you suspect black ice on the road ahead of you, do not slam on the brakes — coast over the ice without braking or accelerating.
7. Accelerate slowly from a complete stop.
8. Do not brake or apply the gas on a turn. Anticipate your turn and put on the brakes beforehand—coast through the turn smoothly.
9. Sit closer to the steering column than you normally do for more control and safety if you happen to get into an accident.
10. If your wheels start spinning, let up on the gas pedal slowly until your car regains traction.
11. Speed up before climbing a hill to get enough momentum beforehand so you don't have to brake or accelerate while going up.
12. Minimize braking while going downhill.
13. If your car has anti-lock brakes, stomp on them, applying steady pressure. If you have non anti-lock brakes, then pump instead of stomp. Pump non anti-lock brakes.
14. Do not use cruise control.
15. Give yourself plenty of time to come to a complete stop at a light or sign. Slow down steadily and slowly before getting to an intersection.

Chapter 5

What to do if You Run Off the Road

By Suzanne Wiley published on November 13, 2013 in Safety and Training



In an extreme circumstance, you can try to get your car back on the road.

When roads are slick, it is highly probable you can run right off the road. Depending on how steep of an embankment or ditch you end up in, you might be able to get yourself out. Before attempting to get your car back on the road, call for help. (Be careful attempting these 10 tips, as you can endanger yourself to suffering from overexertion.) Try your insurance company, your local emergency crew or law enforcement, a friend or relative or even a tow truck. If you have someone coming for help, stay in your car and keep warm. Tie a brightly colored cloth, bandana or distress flag to your antenna so rescuers can see you. In an extreme circumstance, you can try to get your car back on the road. Follow these 10 tips:

1. Do not over spin your tires. You will dig yourself a deeper hole.
2. Shovel the snow out from around your tires and clear the exhaust pipe of any snow.
3. Liberally apply sand, gravel or kitty litter in front, behind and around your tires.

4. Keep your tires straight. Cocked wheels will not gain traction and will even dig your car deeper into the snow.
5. If you have 2x6 wood planks, put them up against the rubber of your drive tires to try to get traction. Your car's floor mats will also help in a pinch.
6. Using a low gear, slowly apply the gas while slightly depressing the brake. This forces the tires to stop over spinning, giving you more torque to pull out.
7. Letting a little air out of the tires may give you more traction.
8. "Rock" the car by driving forward, then backwards, back and forth until you gain enough traction and movement to get back on the road.
9. For a front wheel drive vehicle only, you may turn the wheels 45 degrees to each side a few times. However, this can lead to digging you in deeper, so be sure to accelerate slowly.
10. Get someone to help push you out.

Before trying anything, you must not panic. Remember that over compensating your steering wheel and spinning your tires will get your car stuck even deeper. Remain calm and collected. If you cannot get out and help will not be able to come for a while, you will need to settle in. Come back tomorrow to learn how to stay warm, safe and hydrated while you wait out a winter storm in your car.

Chapter 6

10 Safety Rules for Spending a Night in Your Car

By Suzanne Wiley published on November 14, 2013 in Camping & Survival



Our 10 tips help you survive a night in the car.

Depending on where you are, running off the road may be as simple as getting traction to get back on, or as bad as being so stuck that you need to be rescued. A whiteout or blizzard can make driving conditions so hazardous that you voluntarily pull over to wait out the storm. The first thing you need to do is call for help if you find yourself trapped on the road during severe winter weather. Until help arrives, you will need to focus on staying safe, hydrated and warm. Pull your emergency vehicle kit out of the trunk or back seat and follow these 10 rules.

1. Turn on your hazard lights and if or when it gets dark, your interior light. This is so rescuers and other motorists can see you.
2. Tie a brightly colored bandana, cloth or a distress flag to your antenna.

3. **Stay in the car. Do not wander for help.**
4. Run the heater for 10 minutes every hour with a window cracked to avoid carbon monoxide poisoning.
5. Periodically check the exhaust pipe for snow build up. Remove it with your shovel or trowel.
6. Keep shelf-stable snacks and energy bars in a cooler.
7. Stretch and move your legs and arms periodically to keep blood circulating.
8. Stay warm. Cover up in layers and blankets. If you do not have a blanket, you can use floor mats or cut up the seat covers.
9. Drink water. Individual small bottles of water are easier to thaw than large gallons if water has frozen.
10. Sleep in shifts if there are other people in the car with you

Chapter 7

CDC-Emergency Food Supplies

Storage and Planning

If a natural or man-made disaster strikes your community, you might not have access to food, water, and electricity for some time. It's important to take steps now to store emergency food so that you will be prepared if something happens.

Store foods that you eat regularly. Foods that require no refrigeration, preparation, or cooking are best.

TIPS

- Avoid canned goods that have become swollen, dented, or corroded.
- Keep your hands clean — it's one of the best ways to keep from getting sick. If soap and running water are not available, use alcohol-based hand gels or wipes to clean hands.
- Inspect all food for signs of spoilage before use. Throw out perishable foods, such as meat and poultry, that have been left out at room temperature for more than 2 hours.
- If there's a power outage, eat food in the refrigerator first, the freezer next, and finally from your stored supplies.
- Store enough food for two weeks. It is better to have extra you can share than to run out.
- Individuals with special diets and allergies will need particular attention; this includes babies and the elderly. Nursing mothers may need liquid formula, in case they are unable to breastfeed. Canned dietetic foods, juices, and soups may be helpful for those with special needs.
- Make sure you have a manual can opener and disposable utensils. Keep food in a dry, cool spot—out of the sun, if possible.

Cooking

- When cooking during an emergency, make sure to use grills or camp stoves outdoors to avoid smoke inhalation and carbon monoxide poisoning. Use them more than 20 feet away from your home.
- If you heat food in its can, be sure to open it and remove the label before heating. Never leave open flames unattended.

Replace your stored food on a regular basis:

Within six months, use:

- Boxed potatoes
- Dried fruit
- Dry, crisp crackers
- Powdered milk

Within one year, use:

- Canned soups
- Canned fruits
- Fruit juices
- Vegetables
- Canned nuts
- Jelly
- Peanut butter
- Ready-to-eat cereals and uncooked instant cereals

In proper containers and conditions, the following can be stored indefinitely:

- Bouillon products
- Dried corn
- Dry pasta
- Instant coffee, tea, and cocoa
- White rice

Chapter 8

CDC-Emergency Water Supplies

Storage and Planning

In an emergency, having a supply of clean water for drinking, cooking, and hygiene is a top priority. If a natural or man-made disaster strikes your community, you might temporarily lose access to clean water. Take steps now to store emergency water supplies, and learn other useful tips for accessing water in an emergency to reduce the impact of a disaster on you and your family.



In an emergency, drink at least 2 quarts of water a day, 3 to 4 quarts a day if you are in a hot climate, pregnant, sick, or a child. If supplies run low, don't ration water. Drink the amount you need today and look for more tomorrow. Don't risk dehydration.

Water Storage

- Store at least 1 gallon of water per person per day for a minimum 3-day supply. This means a family of 4 needs 12 gallons. Be sure to account for pets; dogs and cats typically need 1 gallon each per day.
- Store water in a cool, dark place in your home, office, or car.
- Replace water every six months and be sure to check expiration dates on store-bought water.

- If you use your own containers for storing water, make sure to sanitize them first. To sanitize:
 - Wash containers with dishwashing soap and rinse with water.
 - Sanitize by swishing a solution of 1 teaspoon of liquid household chlorine bleach to a quart of water on all interior surfaces of the container.
 - Rinse thoroughly with clean water before use.

TIP

Learn where the water intake valve to your home is. If you hear reports of broken water or sewage lines, you'll need to shut off water to your house to avoid letting contaminated water enter your home. Listen to local warnings for more instructions.

Avoid re-using containers that have ever held a toxic substance, containers that can break, like glass, containers without a tight seal, or plastic milk bottles or cartons that can be difficult to clean and can break down over time. Use of food-grade water storage containers, such as those found at surplus or camping supply stores, is recommended if you prepare stored water yourself.

Making Water Safe in an Emergency

If you run out of safe drinking water in an emergency, there are steps you can take to make contaminated water safe to use. **REMEMBER:** untreated water can make you very sick. It may contain toxic chemicals, heavy metals, and germs that cause diseases like dysentery, typhoid, and hepatitis. Never drink flood water.

More info:

<http://www.cdc.gov/healthywater/emergency/drinking/emergency-water-supply-preparation.html>

Chapter 9

CDC-Gather Emergency Supplies

Supply Kit

Gather Emergency Supplies

If a disaster strikes your community, you might not have access to food, water, or electricity for some time. You should have emergency kits for your home, office, school, and car. Here are some steps you can take to help your family stay safer and healthier during and after a disaster.

Pack an emergency supply kit. Here's what you'll need:

- Food and Water
- Water—one gallon per person, per day
- Food—easy-to-make and won't spoil
- Manual can opener
- Electronics
- Flashlight
- Battery powered, solar, or hand crank radio (NOAA Weather Radio (<http://www.nws.noaa.gov/nwr/> if possible))
- Cell phone with chargers
- Extra batteries
- Health and safety supplies



- First aid kit:
 - Medicine (7-day supply)
 - Other medical supplies
 - Paperwork about any serious or on-going medical condition
- Emergency blanket

- Soap, toothbrush, and other personal care items
- You should also keep:
 - Family and emergency contact information
 - Multipurpose tool
 - Copies of important documents such as insurance cards, immunization records, etc.
 - Extra cash
 - Map(s) of the area
 - Extra set of car keys and house keys
- Infographic: Are You Prepared



- If you have babies, children, pets, or someone with special medical needs in your family, you should add:
 - Medical supplies (e.g., hearing aids with extra batteries, glasses, contact lenses, syringes, or a cane)
 - Baby supplies (e.g., bottles, formula, baby food, and diapers)
 - Games and activities for children
 - Pet supplies (see expanded list below)

Keep it fresh and ready to use.

Once you've gathered your supplies, pack the items in easy-to-carry containers. Clearly label the containers, and store them where you can reach them easily. In a disaster situation, you may need to get your emergency supply kit quickly — whether you are sheltering at home or evacuating. Make sure to check expiration dates on food, water, medicine, and batteries throughout the year.

Involve children

Involving children in getting ready is the first step in helping them know what to do in an emergency. There are many ways children can help.

- Ask them to think of items that they would like to include in an emergency supply kit, such as books or games and food that won't spoil.
- Children can help mark the dates on a calendar for checking emergency supplies and remind you to check the supplies. Remember to rotate or replace emergency food, water, medicine, and batteries as necessary.
- Children can also help prepare plans and disaster kits for family pets.

Disaster Supply Checklist for Pets

- Food and water for at least 3 days for each pet; bowls or bottles, and a manual can opener.
- Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and/or household bleach.
- Medicines and medical records stored in a waterproof container.
- First aid kit with a pet first aid book.

- Sturdy leash, harness, and carrier to transport pet safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.
- Pet toys and the pet's bed, if you can easily take it, to reduce stress.
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours.
- Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.

Chapter 10

15 Last Minute Items to Get Before Everyone Else Does

By Suzanne Wiley published on November 14, 2013 in Camping & Survival

Ice storms, blizzards and other severe winter weather can force you to stay inside your home. Snowdrifts can pile up as high as second story windows! Some states even have laws against driving during severe winter storms. Severe ice storms can cause transformers to blow and electrical lines to fall. Before the storm hits, be prepared to go without electricity for at least three days. Linemen will not be able to get out to fix lines until the weather clears. You should not wait until the day before weathermen predict a severe winter storm. Get last minute emergency gear now, while it is still in stock.



Be ready before anyone else when the lights go out.

Here is a list of 15 items to get now

1. Indoor-safe propane or kerosene heater
2. Enough heater fuel to last three days

3. Firewood for fireplaces and wood-burning stoves
4. A decent generator
5. Gas to fuel a generator
6. Matches and lighters
7. Food that does not need electricity to cook
8. Bottled water
9. Water storage containers
10. Warm blankets
11. Battery-operated lighting and candles
12. Batteries
13. Fumeless cooking stove if your kitchen stove is not gas-powered
14. Entertainment such as books, board games and playing cards
15. Warm, clean clothes to dress in layers

When forced to shut-in due to severe winter weather, make sure to stay warm, dry, fed and keep everyone—including pets—safe and entertained. When running kerosene or propane heaters, remember to keep the area ventilated. Fumes can slowly build up and lead to carbon monoxide poisoning. If you have a fireplace or wood-burning stove, keep the flue free from snow and ice.

For added comfort, a pot of water on a stove or heater will add moisture to the air. This extra humidity will prevent chapped lips, dry skin and itchy noses. Putting a few drops of essential oil such as peppermint, cedar wood, eucalyptus and even cinnamon sticks will keep the house moist, fragrant and helps with sinus issues.

Chapter 11

American Red Cross Kits

First Aid Kits

Deluxe Family First Aid Kit

Item #321275



\$27.00 Quantity:

Deluxe Family First Aid Kit from the American Red Cross.

More details

Unique book design allows you to view important first aid information on the left while coordinating content pieces are neatly stored on the right

All contents are latex-free

Zippered case includes handle for easy carrying

Need to refill your kit? Check out our [Deluxe Personal First Aid Kit](#)

Contents

- 2 Chewable aspirin tablets, 81 mg each
- 5 Triple antibiotic ointment packs, 0.5g each
- 6 Antiseptic cleansing wipes (sting free)
- 2 Hydrocortisone cream packs, 1%, 0.9g each
- 2 Hand sanitizer packs, 0.9g each
- 2 Trauma pads, 5" x 9"

6 Gauze dressing pads, 4" x 4"
6 Gauze Dressing Pads, 3" x 3"
1 Conforming gauze roll bandage, 4"
1 Conforming gauze roll bandage, 3"
1 First aid tape roll, 1" x 10 yd.
1 Instant cold compress
1 CPR one-way valve face shield, latex-free
1 Emergency blanket
2 Triangular sling/bandages (safety pins included) 25 Adhesive plastic bandages, 3/4" x 3"
15 Adhesive plastic bandages, 1" x 3"
3 Elbow and knee plastic bandages, 2" x 4"
10 Junior adhesive plastic bandages, 3/8" x 1-1/2" 5 Patch plastic bandages, 1-1/2" x 1-1/2"
3 Knuckle fabric bandages
3 Fingertip fabric bandages
4 Thermometers (one time use)
Plastic tweezers, 1 pair
Scissors, 1 pair
4 Latex-free exam-quality vinyl gloves, 2 pairs
1 American Red Cross Emergency First Aid Guide Nylon bag with clear pocket pages

Deluxe Emergency Preparedness Kit

Item #321405



\$95.00 Quantity:

When an emergency strikes, be prepared at work or home with the Deluxe

Emergency Preparedness Kit from the American Red Cross. Need extra supplies for your family? Supplement your kit with our [Deluxe Personal Safety Pack](#). **Contents:**

Backpack with multiple pouches and removable organizer
1 Battery powered flashlight (2D cell batteries included)
1 [Red Cross Eton Hand Crank Emergency Radio](#)
1 Emergency blanket, 4.5'x7'

Moist towelettes (individually wrapped)

1 Pen light

Food packets, 2,400 calories total, 5 year shelf life (ingredients include wheat flour, vegetable shortening, granulated sugar, salt, water and coconut flavoring)

Water pouches, total of 16 ounces, 5 year shelf life

Procedural breathing mask

Rain poncho (adult sized)

1 Roll of duct tape, 2" x 30 yds

1 Water container, holds 3.5 gallons

1 Whistle

1 Hygiene comfort kit, including toothbrush, toothpaste, shampoo, lotion, soap, deodorant, washcloth, comb, and mesh shower bag

1 45-piece First aid kit, including compresses, adhesive bandages, first aid tape, antiseptic wipes, hand sanitizer, gauze, and latex-free gloves

Emergency Preparedness

SURVIVAL KITS



Deluxe Personal Safety Emergency Pack
\$16.00



Deluxe Personal Safety Emergency Pack with Bag
\$22.50



Emergency Bivvy
\$16.95



Emergency Preparedness Starter Kit
\$49.50



Emergency Response Zip Pack
\$24.95



Safety Tube
\$6.50

72 HOUR EMERGENCY KITS



4 Person 3 Day Emergency Preparedness Kit
\$249.00



Basic Emergency Preparedness Kit
\$59.95



Deluxe Emergency Preparedness Kit
\$99.00

EMERGENCY RADIOS



American Red Cross, Eton Axis NOAA Weather Radio with “Alert”
\$70.00



Emergency Radio with Weather Alert and Smart Phone Charger
\$39.99



Red Cross FRX2 Eton Emergency Radio
\$40.00



Red Cross FRX3 Eton Emergency Radio
\$60.00

CARBON MONOXIDE DETECTOR



Blackout Buddy CO (Carbon Monoxide) Monitor
\$50.00

EMERGENCY FLASHLIGHT



American Red Cross LED Flat Flashlight with Magnet
\$3.00



Blackout Buddy - 2 Pack
\$20.00



Blackout Buddy H2O
\$9.99



Blackout Buddy H2O - 3 Pack
\$20.00



Clipray
\$15.00

EMERGENCY SUPPLIES



Alcohol-Free Hand Sanitizer
\$3.99



Alcohol-Free Hand Sanitizer Dispensers and Refills
\$250.00



American Red Cross Drawstring Back Pack
\$11.00



CPR RsQ Assist
\$79.50



Deluxe Emergency Preparedness Kit Backpack (empty)
\$30.00



Emergency Bivvy
\$16.95



Red Cross Lifeguard Whistle
\$6.00

Chapter 12

Consumer Reports what to put in Medication Emergency kit

Essentials to a Kit

Our medical experts recommend an [antihistamine](#) to treat common allergic reactions, (such as Benadryl or generics), an antacid (such as Tums) for [heartburn](#), a [pain reliever](#) (such as Advil or generic ibuprofen), something for an upset stomach and diarrhea (such as Pepto-Bismol), antiseptic wipes, an antibiotic ointment, bandages, eyewash solution, gauze, and hydrocortisone cream. If you don't want to assemble this list on your own, you can also buy a kit from your local drugstore already stocked with those essentials.



For your prescription medications, consider ordering 60- or 90-day supplies so that you're more likely to have extras on-hand. (That can also save you money. Just remember that drugs expire, so check them periodically.) Store your kit where kids can't get to it. And make sure that you can access it quickly, in case you need to evacuate in a hurry. Once you've gathered your supplies, pack the items in easy-to-carry containers, clearly label the containers, and store them in a kit where they are easily accessible.

"Depending on how many prescriptions a person is taking, the need for special storage might be a factor to consider," Selig Corman R.Ph., consultant pharmacist and director of professional affairs at the Pharmacists Society of the State of New York, said. You might also ask your insurance company to assist you in obtaining and maintaining enough medication and supplies to have on hand.

Stomach and antidiarrhea remedies, including loperamide (Imodium and generic).
Antacids, including Maalox, Mylanta, Roloids, Tums, and generic.

Remember that drugs do expire; old drugs should not be used.

Be sure to always fill prescriptions on the first day you become eligible for a refill, rather than waiting until the day you run out. If you are able to obtain an emergency supply, be sure to establish a plan for rotating your supply so it remains up-to-date. For example, “I, personally, take six different medications,” Corman said. “It might make sense that every month when I get refills, transfer a five-day supply into a special container and rotate that accordingly.

Corman also recommends keeping a list of your drugs with you that includes the drug name, strength, dosage form, and regimen for each medication. You might consider storing an electronic copy of the information on a flash drive that you keep with you.

If you and your family have special medical needs, you can build a more sophisticated kit, for example, one that contains hearing aids with extra batteries, an Epinephrine auto-injector, glasses, contact lenses, or syringes.

Check your emergency kit regularly and dispose of and replace any [out-of-date supplies](#). Throw out any damaged medications or pills that are wet or look or smell different, as they could be contaminated by moisture.

Drug Safety: Managing Multiple Drugs

The more drugs you take, the more likely you are to have a problem.

- You may have a hard time keeping track of all your drugs.
- You may find it hard to pay for all your drugs.
- You may take a drug that you do not need. Studies show that nearly 1 out of 5 people take a drug they do not need. For people over 65, the problem is worse.
- You may not be taking a drug that you do need.
- You may take the wrong drug for your condition.
- You may have serious side effects.

Your chance of having a problem is even greater if:

- You take 5 or more drugs.
 - You take drugs for 3 or more health problems.
- You get prescriptions from more than one doctor.

- You got prescriptions during a recent stay in the hospital.

Our advice:

Review all your drugs with your doctor every 6 to 12 months.

The best way to make sure you are taking the right drugs is to review all your drugs with your primary care doctor. You should also review your drugs with your specialists.

- Take all your bottles with you. Include vitamins, herbs, supplements, and over-the-counter drugs, like ibuprofen.
- Or bring a list of the drugs and how much you take. For help making a list, visit www.ahrq.gov. Search for “medicine record form.”
- Make a list of any side effects or problems you are having with your drugs. For example, sleepiness and an upset stomach are side effects of some drugs. But DO NOT stop taking a drug unless your doctor tells you to stop.

Drug Safety:

Managing Multiple Drugs

0DNH DQ DSSRLQWPHQW ZLWK \RXU GRFWRU WR UHYLHZ DOO \RXU
PHGLFLQHV 7DNH LQ DOO WKH ERWVOHV 7DNH DOO \RXU YLWDPLQV
DQG VXSSOHPHQWV WRR

Drug Safety: Managing Multiple Drugs When you review your drugs with your doctor, ask these questions about each drug you take:

- Do I still need this drug?
- Each of your drugs was prescribed for a specific problem. If you no longer have that problem, ask your doctor about stopping the drug.
- Does this drug do the same thing as another drug I take? *This can happen because you got similar drugs from different doctors. Or you may take a brand-name and a generic drug that do the same thing. You may not need both drugs.*
- Should I still be taking the drug? Make sure you are not taking a drug longer than you need to. For example, if you take a proton pump inhibitor (PPI) for heartburn, such as Prilosec or Prevacid, you can usually stop after 6 months. there are some drugs, like pain medicines, that you should use for only a short time.
- Is there anything else I can do instead of taking this drug? There may be other treatments or lifestyle changes that you can try. For example, if you have high cholesterol, making changes to your diet may work as well as taking a drug.

- Is the drug safe for people my age or people with my health problem? There may be drugs that you should not take if you are older. This is because the body processes drugs differently as we age. Or, you may be taking a drug that is not safe because the doctor who prescribed it did not know all of your health issues.

This series is produced by Consumers Union and Consumer Reports Best Buy Drugs, a public information project supported by grants from the Engelberg Foundation and the National Library of Medicine of the National Institutes of Health. These materials were also made possible by a grant from the State Attorney General Consumer and Prescriber Education Grant Program which is funded by the multi-state settlement of consumer fraud claims regarding the marketing of the prescription drug Neurontin. This brief should not be viewed as a substitute for a consultation with a medical or health professional. It is provided to enhance communication with your doctor, not replace it. Neither the National Library of Medicine nor the National Institutes of Health are responsible for the content or advice herein.

- Does this drug interact with any other drug I am taking? Drug interactions can cause several problems. One or more of the drugs may be less effective. You may have more side effects. Mixing drugs, vitamins, and herbs can also cause problems. For example, some drugs are less effective if you are also taking iron supplements. You can check for drug interactions at our free website, www.ConsumerReportsHealth.org Click on Prescription Drugs, and then on My Medicine Tracker.

More tips for managing multiple drugs:

- Keep a list of all the drugs you take. Put it in your wallet.
- Keep the bottles your drugs come in. They help you remember the names of the drugs and how to take them. The label also tells you how many refills you have left and where to call for a refill.
- Make a schedule that shows when to take each drug. List the time, the name of the drug, and the amount you should take.
- You can use pill organizers, timers, and alerts to help you take the right pill at the right time.

Resources

To learn more about your drugs, visit:

- www.ConsumerReportsHealth.org/BestBuyDrugs • www.medlineplus.gov

Chapter 13

[HealthyChildren.org](https://www.healthychildren.org) Part of American Academy of Pediatrics

Disaster Supplies List for Families!



Editor's Note: Additional supplies to keep at home or in your car may be recommended based on the **types of disasters** common to your area.

Non-Food Items:

- A note to remind you what you still need to take care of (e.g., get medical equipment; charge cell phones)
- Cell phone charger
- Crank or battery-powered radio, flashlights
- Extra batteries
- **First aid kit** (include acetaminophen or other nonsteroidal anti-inflammatory drug NSAID, antibiotic cream and antacids) and manual.
- Prescription medications (month's supply recommended).
 - **Medicine** should be clearly labeled and kept separate from other supplies. Always have one refill left on prescription medicine, especially for **chronic conditions** such as diabetes.

- Photocopies of prescriptions (pharmacy records may not be available right away)
- Credit card and cash
- Personal identification and current family identification photos
- Spare set of car keys
- Extra pair of eyeglasses or contact lenses
- Matches in a waterproof container
- Whistle
- Map of the area
- List of important phone numbers
- Special items for babies/young children/elderly.
- Three-day supply of water (one gallon per day per person)
- Toiletries (e.g., toothbrush, toothpaste, soap, **hand sanitizer**) and toilet paper
- Paper and pencils
- Masking or duct tape
- Water purification method (e.g., bleach or tablets)
- Plastic bucket with a tight lid
- Plastic garbage bags
- Non-electric can opener and utility knife (like a Swiss Army knife)
- Paper cups, plates, and plastic utensils
- Blankets or sleeping bags
- A change of clothing, rain gear, and sturdy shoes for each family member.
 - In warm weather climates, you may also want to include **sunscreen** and **insect repellent**
- Disposable gloves
- Rope
- Sensory toys or calming devices (e.g., weighted vests, chew toys, fidget toys, white noise or sound machines, blankets)
- Baby supplies such as **diapers**, formula, baby food, and **wipes**

Food Items:

- Peanut butter and jelly
- Ready-to-eat canned soup, canned meat, milk, fish, fruit and vegetables (three day supply, including pet food)
- Bread/crackers stored in waterproof bag or container
- Powdered or single serve drinks
- Cereal/granola bars
- Protein bars
- Packaged condiments

For Pets:

- A two-week supply of dry and canned food
- Water (1/2 gallon per day)
- Litter box supplies
- Traveling cage

If there is an emergency and you need to evacuate immediately, make sure to take these items:

- Personal identification
- Special items for babies/young children/elderly
- Three-day supply of water (one gallon per day per person)
- Bar soap/toiletries
- Non-electric can opener and utility knife (like a Swiss Army knife)
- Paper cups, plates, and plastic utensils
- Blankets or sleeping bags
- A change of clothing, rain gear, and sturdy shoes for each family member
- Canned meat, milk, fish, fruit and vegetables (10 cans per person)

Important Documents:

Make two copies and keep the originals of the following documents in a safe-deposit box or waterproof container. Consider storing these on a flash drive or online. Keep one copy on hand and give the second to your contact.

- Wills, insurance policies, contracts, deeds, and investment information
- Passports, social security cards, **immunization records**, and medical information or emergency information forms
- Bank account numbers, credit card account numbers
- List of valuable household goods
- Family records and photos (e.g., birth, adoption, and marriage certificates), current children's photos
- Pet records (vaccination records and medical information)
- List of accounts with log-in information and passwords

Chapter 14

8 steps for preparing for radiation exposure and other emergencies

Consumer Reports News: March 14, 2011

—Joel Keehn, senior editor

It's still unknown whether a partial or complete meltdown of several nuclear reactors in Japan, caused by last weekend's earthquake and tsunami, would pose any health risks to people in Hawaii or on the West Coast of the U.S. Still, the recent events in Japan underscore our advice on the need to prepare for emergencies, whether from a malfunctioning nuclear power plant, an earthquake, or other cause.



1. Prepare for radiation exposure. Radioactive iodine released after a nuclear attack or accident at a nuclear-power plant can cause thyroid cancer, the main long-term risk from radiation exposure. Taking potassium-iodide pills cuts that risk by saturating the blood with harmless iodide and blocking the thyroid's uptake of radioactive iodine. Infants and children are particularly vulnerable to radioactive iodine. People 40 and older are less susceptible.

People living within 100 miles of a nuclear power plant should consider keeping a supply of the pills on hand, particularly if they live with children. The pills should be taken as soon as there's a confirmed report of radiation leakage from a nuclear plant, though they may still provide substantial protection if taken three or four hours after exposure.

The pills are available without a prescription. Some pharmacies sell them over-the-counter; they're also available online at Anbex.com and Thyrsosafe.com. Brand names include IOSAT (130 milligrams) and ThyroSafe (65 mg). For dosing information, read the labels and see the Food and Drug Administration's website.

While potassium iodide reduces the risk of thyroid cancer, it doesn't protect against radiation poisoning (nausea, vomiting, or bone-marrow depression), which might strike people living very close to a plant that has released huge amounts of radiation. Moreover, iodide doesn't protect against other radiation-induced cancers. So if there's a major radiation leak, it's important to leave the area and seek a supply of uncontaminated food and water.

2. Make a 'go bag'. Store the following supplies in a bag for home use or evacuation: • At least three days' worth of nonperishable food, water, and essential medicines.

- Toiletries and clothing.
- Iodine tablets or bleach to disinfect water if you can't boil it.
- Candles and matches as well as flashlights or battery-powered lamps.
- A battery-operated TV or radio.
- A first-aid kit and book.
- Extra eyeglasses, keys, cash, and batteries.
- Copies of important documents (such as birth certificates and passports).

Consider keeping separate go-bags (excluding the documents) at work and in your car.

You may also want to keep your car's tank at least half full, since gas pumps may not work if there's no electric power.

3. Know the safe spots. The safest locations in your home include load-bearing interior walls or doorways during an earthquake and the basement during a tornado or nuclear emergency.

4. Know how to shut down. Teach family members how and when to turn off the water, gas, and electricity in case of damaged utility lines.

5. Get ready to rendezvous. Designate two places where your family will reunite after a disaster: one near your home and another outside your neighborhood. Give all family members a wallet card with relevant addresses and phone numbers.

6. Create a call-in contact. After a disaster, it's often easier to call long-distance than locally. So ask someone out of state to be your family contact and tell family members to call in if they can't get to the meeting place.

7. Plan for pets. Pack a disaster supply kit in advance, including pet food, leashes, and veterinary records. Since pets usually aren't permitted in emergency shelters, you may have to leave them at an animal shelter, kennel, or friend's home.

8. Investigate likely dangers. Ask your local American Red Cross chapter or county emergency-management office to mail you or refer you to information about the most likely disasters in your area. Ask specifically about the warning signals, evacuation routes, and emergency services in your community as well as where to seek shelter. You should also find out what the disaster plans at your family's jobs, schools, or day-care centers require you to do.

Chapter 15

GATHER YOUR EMERGENCY WATER SUPPLY

Office of Public Health Preparedness and Response (OPHPR)

GATHER YOUR EMERGENCY WATER SUPPLY

If a disaster strikes your community, you might lose access to clean water. Take steps now to store emergency water supplies and learn other useful tips for getting water in an emergency, so you and your family have water with which to drink, cook, and wash.

STEP 1: DECIDE HOW MUCH WATER YOUR FAMILY WILL NEED



Store enough bottled water for everyone in your household.

- You need at least 1 gallon of water per person per day for 3 days. A normally active person needs to drink at least one half gallon of water each day. You will also need water to clean yourself and to cook. (This means a family of four needs 12 gallons of water in their emergency supply.)
- Keep in mind that the following groups may require more water:
 - Children
 - Pregnant women
 - People who are sick
 - People living in hot climates
- Don't forget about pets!
 - Cats and dogs typically need 1 gallon for 3 days.

STEP 2: GATHER AND STORE YOUR EMERGENCY WATER SUPPLY



Pre-packaged bottled water is the safest option for your emergency water supply.

There are two ways to get your emergency water supply:

- Buy pre-packaged bottled water (the safest, most reliable option).
 - Do not open the containers until you're ready to use them.
 - Check expiration dates on store-bought bottled water throughout the year. Replace as needed.
- Fill your own containers of water.
 - Use food-grade water storage containers, like those found at surplus or camping supply stores. If you cannot buy this type of container, you can use 2-liter plastic soda bottles.
 - Always completely clean your containers before storing the water.
 - Do not use the following for water storage:
 - Containers that have ever held anything poisonous
 - Containers that can break easily, like those made of glass
 - Containers without a tight seal
 - Containers, like milk jugs, that can be hard to clean
 - Containers made of plastics that break down over time, like milk jugs
 - Store all water in a cool, dark place in your home, office, and car.
 - Replace water every 6 months.

STEP 3: STAY HEALTHY AND SAFE

Stay Hydrated. In an emergency, drink at least 2 quarts (half of a gallon) of water each day. Children, pregnant women, people who are sick, and people living in hot climates should drink more —as much as a gallon.

Do Not Ration Water. Never risk dehydration. Dehydration can cause serious health problems. Even if water supplies are running low, drink the amount you need today and look for more tomorrow.

Only Drink Clean Water. If you run out of safe drinking water in an emergency, there are steps you can take to make contaminated water safe to use. Visit CDC's Healthy Water website for instructions on how to make water safe for drinking or cooking. Untreated water can make you very sick, because it often contains toxic chemicals, heavy metals, and germs. Never drink flood water.

Protect Your Home. Learn where the water shut-off valve to your home is. If you hear reports of broken water or sewage lines, shut off the water to your house in order to avoid letting unsafe water enter your home.

How to clean containers for water storage:

- 1 Wash containers with dishwashing soap.
- 2 Rinse with water.
- 3 Mix 1 teaspoon of household bleach with 1 quart (1/4 gallon) of water.
- 4 Swish the solution around in the container. Make sure it touches all inside surfaces.
- 5 Rinse again with clean water.