

MCLB ALBANY SAFETYGRAM

National Preparedness Month

September is National Preparedness Month. Take action now – [make a plan](#) with your family and for your pets. Plan how to stay safe and communicate during the disasters that can affect your community.

BUILD A KIT

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search or shop for the supplies needed.

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlights
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Whistle
- Emergency blanket
- Map(s) of the area



Consider the needs of your family and include items specific to your needs:

Baby supplies (bottles, formula, baby food, diapers), games and activities for children, pet supplies, two-way radios, extra set of car keys and house keys, manual can opener, fire starter, towels, work gloves, plastic sheeting, duct tape, scissors, plain Chlorine bleach (no odorizer or soap), sleeping bags or blankets.

For more information and details on various emergency situations, visit

<http://www.ready.gov/>



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