



Now's the Time, Resolve to be Ready in 2009

Now's the time to work on putting together an emergency supply kit. All Sun City West Fire District residents should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air, and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

- **Water-** one gallon of water per person per day for at least three days, for drinking and sanitation
 - Children, nursing mothers, and sick people may need more water.
 - If you live in a warm weather climate more water may be necessary.
 - Store water tightly in clean plastic containers such as soft drink bottles.
- **Food-** at least a three-day supply of non-perishable food
 - Select foods that require no refrigeration, preparation or cooking and little or no water.
 - Pack a manual can opener and eating utensils.
 - Avoid salty foods, as they will make you thirsty.
 - * Choose foods your family will eat
 - * Ready-to-eat canned meats, fruits, and vegetables
 - * Protein or fruit bars
 - * Dry cereal or granola
 - * Peanut butter
 - * Dried fruit
 - * Nuts
 - * Crackers
 - * Canned juices
 - * Non-perishable pasteurized milk
 - * High energy foods
 - * Vitamins
 - * Food for infants
 - * Comfort/stress foods
- Battery-powered or hand crank radio and a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- **First aid kit**
 - Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
 - Sterile dressings to stop bleeding.
 - Cleansing agent/soap and antibiotic towelettes to disinfect.
 - Antibiotic and burn ointments to prevent infection.
 - Adhesive bandages in a variety of sizes.
 - Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. **You should periodically rotate medicines to account for expiration dates.**
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative
- Whistle to signal for help
- **Dust mask-** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications
- Extra pair of glasses or contact lenses and supplies
- Denture needs
- Cell Phone
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification, and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants, and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, plastic utensils, and paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Next month's article will address how to make an emergency plan. Families may not be together when an emergency happens and you may not have access to cell phones, gas stations, grocery stores or some of the other things that you are used to having every day. A family emergency plan allows families to work together to **develop a meeting place, establish an out-of-town contact, and gather essential information** that would help them to stay connected in the event of an emergency.