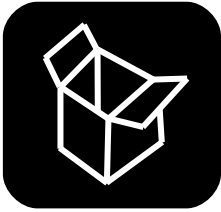


Do 1 Thing...Emergency Supplies



The mission of www.do1ting.us is to move individuals, families, organizations, businesses, and communities to prepare for all hazards and become disaster resilient.

THE GOAL: Be prepared to handle emergencies without outside assistance for 72 hours.

Do One Thing (choose one thing to do this month):

- Gather your emergency supplies in an accessible place.
- Stash some cash in case ATMs and credit card machines are not usable in a disaster.
- Create an emergency supply kit for your pet.
- Have at least one regular phone that **is not** cordless.

Know What You Need

Everyone should have some basic supplies stored away to keep themselves, their families and their pets safe for at least 3 days. Besides food, water, and shelter, there are many supplies that will provide additional comfort and peace of mind in an emergency. Take a look at your family's unique needs and begin collecting supplies that will meet those needs during any event or disaster. Remember to check your supplies at least once every six months and reassess your needs. Continue to think about what could be added to your emergency kit to meet a specific need.

Emergency Supply Kits

During an emergency, a small kit containing important emergency items will make any situation easier to handle. This kit can be developed for different situations depending on what you and your family need to better survive an emergency. Determine the type of kit to make, then look around the house for supplies that you already have on hand. The following is a list of emergency supply kits that are simple to create using just a few items:

- **Sanitation kit** – moist towelettes, garbage bags, toilet paper, waterless hand cleaner
- **Breathing protection kit** – dust masks, plastic sheeting, duct tape
- **Cooking kit** – waterproof matches, a manual can opener, paper plates, plastic utensils, a small pot or pan, portable grill or camp stove (never use indoors!)
- **Lighting kit** – windup flashlight, car cigarette lighter rechargeable lantern, extra batteries, or light sticks
- **Basic tool kit**– hammer, wrench, utility knife, screwdriver, nails
- **Medical kit**- extra prescription medication (or a list of medications, doses and prescribing doctors), band-aids, pain relievers, antacids, vitamins, first aid kit
- **Communication kit** – phone with cord (landline phone), prepaid calling card, car charger for cell phone, important contact numbers

Other emergency items may include a whistle to signal for help, battery-powered radio, local maps and important documents, such as insurance policy numbers.

Stash Some Cash for Emergencies

Many things that we take for granted are not available when there is no power. ATM machines may not work. Grocery and other stores, if open, may not be able to accept your credit or debit card. Cash could be the only acceptable means to make a purchase. Some experts say you should have at minimum \$150.00 in cash stashed away. Realizing this may not be possible for everyone, any amount is good to start with. Take \$1.00 dollar a week and place it in an envelope in your emergency kit. In just a little time, you will have some cash stashed away for use in emergencies.

Emergency Supplies for your Pet

Think about your pet. Can your pet tolerate the cold for a period of time? Is your pet on special medications or a specific diet? If lost, could your pet be identified? These are things that must be considered when gathering supplies for your pet. An emergency supply list for your pet may include:

- An **additional** leash with collar, and identification tag for your cat(s) and/or your dog(s)
- Verification of rabies and other vaccinations, registration paperwork, or adoption papers placed in your family emergency kit
- Pet sweater or blanket, especially if your pet can not tolerate cold temperatures
- A supply of prescription medication
- Special dietary food, if needed
- A crate or carrier appropriate to your pet's size

Consider micro-chipping and enrolling your pet in a recovery database. Talk to your veterinarian for more information. If you have unusual pets such as birds, lizards, fish, etc., talk to your veterinarian or local pet specialty store for advice on protecting them during emergencies.

Putting it all Together

Consider dividing your emergency supply kit into two parts, one part for emergencies at home, and a second part that you can take with you if you have to evacuate.

Put supplies that you might need for evacuation (important papers, extra eyeglasses, lists of medication, leash or carrier for your pet) in a backpack or bag that can be easily carried by members of your household.

Remember, your family may not be able to get outside help during a disaster. Police and fire may not be able to get to you. **The goal is to be able to take care of yourself for 72 hours.**

Have a Phone with a Cord

Being able to communicate during emergencies is important. We take our home phones for granted. Many people have purchased cordless phones which allow unrestricted movement. Keep in mind that during a power outage, your cordless phone **will not work**. However, those old-fashioned movement-restricting phones that have a cord will work without power if the phone lines are intact. The good news is that phones with cords are cheap and will work during most emergency situations. Place the phone with a cord in your emergency kit for storage so you will know where to find it in any emergency.

Being prepared doesn't have to be hard or expensive. By doing one thing a month, you can make sure that you and the people who depend on you will be better prepared for whatever happens.

For more information:

<http://www.do1thing.us>

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