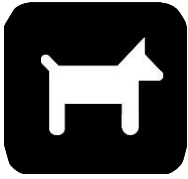


# Do 1 Thing...Special Items

www.do1thing.us



The mission of [www.do1thing.us](http://www.do1thing.us) is to move individuals, families, organizations, businesses, and communities to prepare for all hazards and become disaster resilient.

**THE GOAL: Remember important items that could be overlooked when leaving your home.**

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

- Add to your go bag: Specialty items for infants and toddlers (necessities and comfort items).
- Pets: Identification for your pet if you should become separated.
- Medications: Keep empty pill bottle in your go bag for emergency refills.
- Photos: Store negatives in a safe location outside your home or scan them into a computer and store the digital files at a family member's or friend's house.
- Health Supplies: Keep extra syringes and wet wipes in go bag.
- Know where to go: Keep a map in your go bag. Plan a place to go now.

## Infants and Children

You may not be able to get baby formula, baby food, diapers, or wipes immediately after a disaster. Make sure you include items that babies and toddlers need in your go kit. Having a replacement for a favorite comfort item (blanket, toy, etc...) may also make evacuation less stressful for small children.

## Medications & Health Items

There may not be time for you to remember your medications. If you or a loved one have special medical needs, keep essential health items available to pack quickly.

### Medications

Getting new medications will be easier if you have a current list. Medications names are hard to spell and the correct dose is very important. Our local pharmacists suggest you keep an empty pill bottle in your go bag. Also, many prescriptions come with an extra sticky label. Put all labels on a piece of paper and place in go bag.

### Health Items

Diabetics need insulin syringes, alcohol wipes, and glucometer supplies. Other health conditions may require special supplies. When you are in a hurry, it is easy to overlook small and important items.

If possible, keep a small amount of supplies in your Go Bag. Keep these supplies up-to-date.

Another suggestion is to store the health supplies in a tray or other container. Keeping them together will help make sure rescuers take everything you need if you have to leave in a hurry.

Have a "go bag" ready for sheltering in place or evacuating.

See the "Sheltering" Do1Thing info sheet for a list of basic needs. Some additional things to include are:

- Empty pill bottle
- List with Doctor's phone number
- Map
- Pets:
  - Food & Water
  - Collar with ID tags
  - Pet medications
  - Carriers (1 per pet)
  - Medical records from Vet
  - Photos of your pet
  - Microchip information
- Necessities for infants and children

\*Remember to add your special needs items to the basic list.

Your Go Bag can be part of your home emergency kit, just make sure it is in a bag or easy to carry container and that it is in an easy to

## Photos and Important Papers

Firefighters tell us, "After a fire, families tell me what they miss the most is their pictures of family and friends". Emergencies happen fast. People have died trying to retrieve important things. Don't take that chance. Keep your photo negatives or digital files stored in a safe location outside your home. Consider a safety deposit box at a bank, or put them in a fireproof box and keep the box at a friend or relative's home for safekeeping.

Another thing to remember is important papers. Keep a copy in your go bag or in your safety deposit box. Important papers include:

- Wills, advance medical directives, power of attorney.
- Marriage certificate, birth certificates, death certificates, or military discharge papers.
- Social Security cards
- Rent or utility bills or proof of payment.
- Car and vehicle titles from Secretary of State

## Pets

Consider all options when making emergency plans. Leaving your pet may not be an option. Many shelters do not allow pets. Maybe you cannot get back to your house because of an overturned chemical truck or other hazardous material spill.

- Keep extra water and food for your pets. One gallon for three days for each pet should be plenty. Also keep extra food in a pet go bag.
- Help others recognize your pet by keeping an updated photo and using a collar with ID tags.
- Keep extra pet medications in your pet go bag.
- Consider Avid Microchip Information in case your pet is lost and help is needed in finding them
- Find a trusted neighbor and give them a key to your home. They can check on your pet if you are delayed in returning home or take your pet with them if an evacuation is ordered. Make sure they are comfortable with your pet and know where to find food and other supplies.

**NEVER risk your own safety or the safety of first responders for pets or personal supplies. Always follow emergency instructions.**

## Evacuation destination

Know where to go before you leave. Make plans with your family. Many families are busy and work or go to school in different places. Meeting back at your home may not be an option. Choose a location now and make sure everyone knows how to get there. Pack a map in your go bag. Many people choose a relative in a nearby city. Give the kids a map and list of phone numbers to call. If you can't reach the meeting place when expected, call ahead and tell everyone where you are, and when you expect to arrive.

***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>