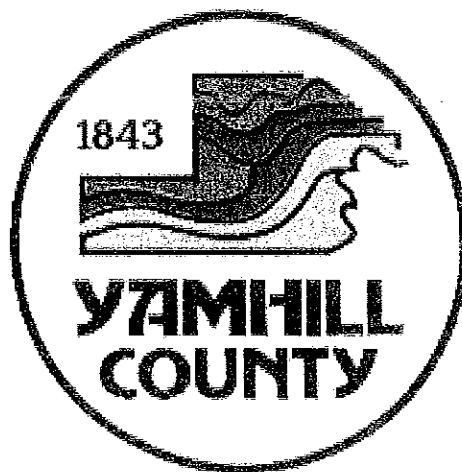


FAMILY PREPAREDNESS GUIDE

**Presented by
Yamhill County, Oregon**



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TIPS FOR YOUR DISASTER SUPPLIES KIT

- **Keep a smaller Disaster Supplies Kit in the trunk of each car.** If you become stranded or are not able to return home, having some items in your possession will help you to be more comfortable until help arrives.
- **Keep items in airtight plastic bags.** This will help protect them from damage or spoiling.
- **Replace stored food and water every six months.** Replacing your food and water supplies will help ensure their freshness. (Daylight Savings Time—clock, smoke detector batteries, food & water supplies.)
- **Rethink your kit and family needs at least once a year.** Replace batteries, update clothes, etc.
- **Ask your physician or pharmacist about storing prescription medications.** It may be difficult to obtain prescription medications during a disaster because stores may be closed or supplies may be limited.
- **Use an easy-to-carry container for the supplies you would most likely need for an evacuation.** Possible containers include:
 - Large covered trash container with wheels.
 - Camping backpack
 - Duffel bagCargo container that will fit on the roof of your vehicle

BASIC DISASTER SUPPLIES KIT

This is a suggested guide only – use what works best for you.

Keep the following items in an easy-to-carry backpack or duffel bag in case you need to evacuate quickly. Store your kit in a convenient place known to all family members. Kit basics may include:

- Portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- Watch or clock (wind-up or battery)
- Medications, prescription and over the counter
- Personal identification, credit card and cash
- Extra set of car keys
- Matches in a waterproof container/signal flare
- Map of the area
- Phone numbers of places you could go
- Items for special needs; copies of prescriptions, hearing aid batteries, spare wheelchair battery, spare eyeglasses.
- Kitchen accessories: manual can opener; mess kits or paper cups, plates, and plastic/disposable utensils; utility knife; a can of cooking fuel if food must be cooked; household liquid bleach to treat drinking water; sugar, salt, pepper; aluminum foil; plastic re-sealable bags
- Clothing and footwear – enough for a complete change: sturdy shoes or work boot; raingear; hat; gloves; thermal underwear, sunglasses.
- Blanket or sleeping bag.
- Tools and other accessories: needle and thread; pliers, gas meter shut-off wrench; shovel; duct tape; medicine dropper; whistle; plastic sheeting; small canister; A-B-C-type fire extinguisher; emergency preparedness manual; tube tent; compass
- Pencil and notebook
- Water – 3 gallons per person and a three-day supply of nonperishable food
- List of emergency contact numbers
- Sanitation and hygiene items:
 - Toilet paper/towelettes
 - Soap, hand sanitizer and liquid detergent
 - Feminine supplies
 - Shampoo, deodorant, toothpaste, toothbrush, comb/brush, lip balm
 - Plastic garbage bags (heavy-duty) & ties (personal sanitation use)
 - Plastic medium sized bucket with tight lid
 - Disinfectant
 - Chlorine bleach
 - Shovel for digging an expedient latrine
- First aid kit and first aid manual (see contents below)
- Others of your choice.

FIRST AID KIT

This is a suggested guide only – use what works best for you.

Assemble a First Aid Kit for your Disaster Kit and a smaller one for each car, to include:

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Sunscreen
- Latex gloves (2 pairs)
- 2-inch and 4-inch sterile gauze pads (4-6 each).
- Triangular bandages (3).
- 2-inch and 3-inch sterile roller bandages (3 rolls each)
- Scissors/tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue depressor blades (2)
- Tube of petroleum jelly or other antiseptic/lubricant.
- Non-prescription drugs
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid (for stomach upset)
 - Syrup of ipecac and activated charcoal (used to induce vomiting if advised by the poison control center)
 - Laxative
 - Vitamins
 - Other normal supplements

IMPORTANT DOCUMENTS

- Keep the following original documents in a safe deposit box if possible, and copies in a waterproof, fire-resistant portable container that you can include in 72 hour kits and/or keep where you think best. Make a copy of the cover page of insurance policies (you don't need the entire policy to file a claim) and note account numbers, etc.
 - Will and insurance policies,
 - Contracts
 - Deeds
 - Stocks and bonds
 - Passports
 - Immigration and/or Naturalization documents
 - Social security cards
 - Immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods
 - Important telephone numbers
 - Your family records (birth, marriage, death certificates)
 - Your personal records (birth, marriage, divorce, military, etc)
 - Copies of special certifications or licenses (EMT, Paramedic, Amateur radio, Aviation, Marine, weapons permits, etc)
 - Others