

**Disaster Preparedness for Families and
People with Disabilities**

There are six basics you should stock for your home: 1) water, 2) food, 3) first aid supplies, 4) clothing and bedding, 5) tools and emergency supplies, and 6) special items.

WATER

- ◆ Store water in plastic containers, such as large soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A person who is generally active needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need to drink even more.
- ◆ Store three gallons of water per person (one gallon for each day and for each person). Keep at least a three-day supply of water (two quarts for drinking, two quarts for food preparation and sanitation) for each person in the household.

FOOD

- ◆ Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno and matches. Select food items that are compact and lightweight. Include a selection of the following foods in your disaster supplies kit:

- ___ Ready-to-eat canned meats
- ___ Canned fruits, dried fruits, and nuts
- ___ Canned vegetables

Nonprescription Drugs

- ___ Aspirin or nonaspirin pain reliever
- ___ Antidiarrheal medication
- ___ Antacid (for stomach upset)
- ___ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- ___ Laxative
- ___ Activated charcoal (use if advised by the Poison Control Center)

Sanitation

- ___ Toilet paper, towelettes
- ___ Soap, liquid detergent
- ___ Feminine hygiene supplies
- ___ Personal hygiene items
- ___ Plastic garbage bags, ties (for personal sanitation uses)
- ___ Plastic bucket with tight lid
- ___ Disinfectant
- ___ Household chlorine bleach
- ___ Facial tissues

CLOTHING & BEDDING

- ___ One complete change of clothing and footwear per person
- ___ Sturdy shoes or work boots
- ___ Rain gear
- ___ Blankets or sleeping bags
- ___ Hat and gloves
- ___ Thermal underwear
- ___ Sunglasses

TOOLS & SUPPLIES

- ___ Mess kits or paper cups; plates and plastic utensils
- ___ Cash or traveler's checks, coins
- ___ Non-electric can opener, utility knife
- ___ Pliers, screwdriver, hammer, crowbar, assorted nails, wood screws
- ___ Shutoff wrench, to turn off household gas and water
- ___ Tape, such as duct tape
- ___ Compass
- ___ Matches in a waterproof container
- ___ Aluminum foil
- ___ Plastic storage containers
- ___ Signal flare
- ___ Paper, pencil
- ___ Needles, thread
- ___ Medicine dropper
- ___ Adhesive labels
- ___ Safety goggles
- ___ Heavy work gloves
- ___ Whistle

Items for Service Animals/Pets

- ___ Food
- ___ Additional water
- ___ Leash/harness
- ___ Identification tags
- ___ Medications and medical records
- ___ Litter/pan

Entertainment

- ___ Games and books

Other Disaster Supplies

- ◆ Disability-Related Supplies and Special Equipment - Check items you use, and describe item type and location.
- ___ Glasses
- ___ Eating utensils
- ___ Grooming utensils
- ___ Dressing devices

FIRST AID KIT

- ◆ Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- ___ Sterile, adhesive bandages in assorted sizes
- ___ Assorted sizes of safety pins
- ___ Cleansing agent/soap
- ___ Latex gloves (2 pairs)
- ___ Sunscreen
- ___ 2-inch sterile gauze pads (4-6)
- ___ 4-inch sterile gauze pads (4-6)
- ___ Triangular bandages (3)
- ___ 2-inch sterile roller bandages (3 rolls)
- ___ 3-inch sterile roller bandages (3 rolls)
- ___ Scissors
- ___ Adhesive tape
- ___ Needle
- ___ Antiseptic
- ___ Rubbing Alcohol
- ___ Thermometer
- ___ Tongue blades (2)
- ___ Tube of petroleum jelly of other lubricant
- ___ Extra eye glasses
- ___ Tweezers
- ___ Heavy cotton of hemp rope
- ___ Patch kit and can of seal-in-air
- ___ Videocassettes
- ___ Disposable dust masks
- ___ Plastic sheeting
- ___ Map of the area (for locating shelters)

For Baby

- ___ Formula
- ___ Diapers/wipes
- ___ Bottles
- ___ Powdered formula, milk or baby food
- ___ Medications

Important Family Documents

- ___ Copy of will, insurance policies, contracts, deeds, stocks and bonds
- ___ Copy of passports, Social Security cards, immunization records
- ___ Record of credit card accounts
- ___ Record of bank account numbers, names, and phone numbers
- ___ Inventory of valuable household goods, important phone numbers
- ___ Family records (birth, marriage, death certificates)
- ___ Copy of Supplemental Security Income award letter

Medical Needs

- ___ Heart and high blood pressure medication
- ___ Insulin
- ___ Prescription drugs
- ___ Denture supplies
- ___ Contact lenses and supplies

Service Animal and Pet Supplies

- ___ Food
- ___ Extra water
- ___ Leash/harness
- ___ Collar
- ___ Identification tags
- ___ Medications
- ___ Vaccinations and medical records

Portable Disaster Supplies Kit

- ___ Emergency information list/other lists
- ___ Small flashlight
- ___ Whistle/other noisemaker
- ___ Water
- ___ Extra medication
- ___ Copies of prescriptions
- ___ Extra pair of glasses
- ___ Hearing aid
- ___ Sanitary supplies
- ___ Pad and pencil or other writing device

- Writing devices
- Hearing device
- Oxygen

Flow rate

- Suction equipment
- Dialysis equipment
- Sanitary supplies
- Urinary supplies
- Ostomy supplies
- Wheelchair

Wheelchair repair kit

Motorized:

Manual:

- Walker
- Crutches
- Cane(s)
- Dentures
- Monitors
- Other

Car Supplies

- Several blankets
- Extra set of mittens or gloves, wool socks, and a wool cap
- Jumper cables and instructions
- Small sack of sand or kitty litter for traction
- Small shovel
- Set of tire chains or traction mats
- Red cloth to use as a flag
- CB radio or cellular telephone

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