

Emergency List from CDC

MONEY AND DOCUMENTS

Put aside emergency cash in small bills, (for example, ones, fives, and tens). You also can maintain an automated teller machine (ATM) account that will let you get money from more than one financial institution (such as a bank or credit union).

Collect important identification information in one central place in a waterproof container (preferably in your go-bag). Include copies of Social Security cards, birth certificates, marriage records, and driver's licenses. Make sure all of your financial information is in one place and easy to get to; this includes insurance policies for your home, health, and vehicle(s), and savings and checking account information. You might not use these at the time of an emergency, but you might need them afterward.

- Carry up-to-date personal information with you. This includes medical information for each family member, as well as any wills or powers-of-attorney.

GENERAL SUPPLIES

Keep the following supplies on hand at all times:

- Two pairs of latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agents or soap and antibiotic towelettes
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or for use as a general decontaminant
- Thermometer
- Prescription medications such as insulin, heart medicine, and asthma inhalers; periodically update your family's medications to ensure that they don't expire
- Prescribed medical supplies, such as glucose and blood pressure monitoring equipment and supplies
- Petroleum jelly or other lubricant to prevent dryness, chafing, or cracking of the skin during extreme weather conditions
- Nonprescription drugs, such as non-aspirin pain relievers, feminine supplies and personal hygiene items, antidiarrheal medications, antacid for upset stomachs, and laxatives
- Flashlights with extra batteries
- Battery-powered radios with extra batteries or a hand crank-powered radio
- Dust masks and work gloves
- Plastic garbage bags and ties
- A whistle
- Cloth face masks to help filter contaminants in the air
- Towelettes or baby wipes
- A wrench or pliers to turn off utilities (such as water or gas)
- Plastic sheeting and duct tape for sheltering in place
- Universal or wind-up cell phone charger

- Matches in a waterproof container
- Games and activities for children

- **FOOD AND WATER**

Keep the following food and drink items on hand at all times:

- A 3-day supply of water (1 gallon per person per day; more if you live in a warm climate)
- A 3-day supply of ready-to-eat foods, such as canned meat, canned fruits and vegetables, and ultra-high temperature milk (also called UHT milk). This is a specially processed milk that has a long shelf life.
- High-energy foods such as peanut butter, nuts, dry cereal, granola, and crackers
- “Stress foods” such as hard candy or cookies
- A manual can opener
- Eating utensils and supplies (for example, paper plates and plastic forks, spoons, and knives)

- **CLOTHING**

Have on hand at all times, whether sheltering in place or evacuating, one complete change of warm clothing and shoes per person, including:

A jacket or coat

Long pants

A long-sleeved shirt

Sturdy shoes

A hat and gloves

A sleeping bag or warm blanket

OTHER MISCELLANEOUS ITEMS

The following items also should be stocked:

- Emergency reference materials, such as a first-aid book or a photocopy of such a book or manual
- Rain gear
- Paper towels
- A fire extinguisher
- A tent
- A compass
- Matches in a waterproof container
- Signal flares
- Paper and pencils
- A medicine dropper
- Household chlorine bleach, which you can use as a disinfectant to clean surfaces (mix nine parts water to one part bleach). In an emergency, you also can use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color- safe bleach or bleach with added cleaners.