

EMERGENCY PREPAREDNESS



If a disaster strikes, would you say you are truly prepared? There may not be much time to act, so it's best to prepare now for a sudden emergency. Read on for more information on how to protect yourself and cope with disaster by planning ahead. The checklist in this flyer is a good way to begin your preparation.

Emergency Preparedness Checklist

Here are some items you should have when creating an emergency kit at home.

Basic Supplies

- ✓ **Water.** 1 gallon per person ,per day for several days.
- ✓ **Food.** Several days of supply of nonperishable food.
- ✓ **Radio.** Battery-powered or hand-cranked.
- ✓ **Flashlight & First-aid Kit**
- ✓ **Whistle, dust masks, & duct tape**
- ✓ **Extra Batteries**
- ✓ **Pocket knife, wrench & pliers**
- ✓ **Moist towelettes & garbage bags**
- ✓ **Cellphone chargers & battery backup**

Health & Hygiene

- ✓ **Prescription Medication.** At least 1-week's supply.
- ✓ **Toilet paper & paper towels**
- ✓ **Medical equipment**
- ✓ **Hand sanitizer & hand wipes**
- ✓ **Toiletries.** Toothpaste, toothbrush, deodorant, soap.
- ✓ **Feminine hygiene supplies**
- ✓ **Important medical information.** Family physicians, medical device information (serial numbers, models).

Additional Supplies

- ✓ **Extra clothes, rain gear, blankets** for each member.
- ✓ **Important documents.** Including home insurance info, identification, bank records, etc.
- ✓ **Non-prescription medications.** Pain relievers, allergy meds, etc.
- ✓ **Cash or Traveler's Checks**
- ✓ **Matches** in a waterproof container.
- ✓ **Paper products.** Plates, cups, utensils, can opener.
- ✓ **Notebook & pen or pencil**



DON'T FORGET

Remember to maintain your kit so it's always ready when needed. Set a calendar reminder every 6 months to:

- ◆ Check expiration dates on canned food.
- ◆ Ensure batteries are not corroding.
- ◆ Check first-aid kits and replace expired items.
- ◆ Reassess family needs and add any items necessary.

CONGRATULATIONS

Winners of last month's Safety Tidbits Quiz are...

Felica Stoll (FS-2)

Ana Charles-Thorne (MACH)

Bryan Saunders (Eustis)

Bernard Williams (Basewide)

Raymont Nailon, Jr. (SBL)

Patricia Wallace (FS-3)

Complete the following quiz and turn it in to your Project Manager by Friday, August 11, 2023 to be entered into our drawing. Winners will receive a prize!

1. When is a good time to prepare for a disaster?
 - A. Now
 - B. During a disaster
 - C. After a disaster
2. When should you set a calendar reminder to check your emergency preparedness kit?
 - A. Every month
 - B. Every December
 - C. Every 6 months
3. You should prepare to have enough water such as 1 gallon per person per day for several days.
 - A. True
 - B. False
4. It's ok to include perishable foods in your kit.
 - A. True
 - B. False
5. You should pack at least 1 week's supply of any medications.
 - A. True
 - B. False

Name: _____ Date: _____ Worksite: _____