



records, family records
credit card co./numbers, stocks/bonds, immunization
social security cards, driver's license, bank accounts,
passports, insurance policies, deeds, recent tax returns,
tight plastic bag/container: birth/marriage certificates, will,

- Documents** in fire proof safe (preferred) or water/air
- Extra set of car/house keys**
- Change of clothing, shoes**
- Garbage can** (approx. 40 gallon) w/ lid & plastic liners

Home 


w/terms on checklist according to personal preference.
Equip it

- Listen to radio** for instructions:
- Create "safe room"** (internal, no windows)
- Turn off heat, a/c.**
- Seal windows, vents, doors, fireplace damper,**
- dryer vent w/plastic & duct tape.**
- Check utilities:** electric, water, gas. Turn off main if necessary. (To turn gas back on, consult professional.)
- Use emergency generator according to manufacturer instructions. Store fuel outside in proper containers.

Shelter-in-Place 

(Local station)

"At the Ready"
Crisis Checklist

 **Emergencies: 9-1-1**

POLICE: _____

FIRE: _____

AMBULANCE: _____

HOSPITAL: _____

POISON CONTROL: _____

HEALTH DEPARTMENT: _____

CITY EMERGENCY MGMT: _____

COUNTY EMERGENCY MGMT: _____

ELECTRIC CO: _____


GAS CO: _____

OUTSIDE CONTACT: _____


WORK: _____

SCHOOL: _____


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 **Home** (continued)


- Eating / cooking utensils / containers**
- Needle, thread, safety pins**
- Air mattress** with foot pump, **bedding / sleeping bags**
- Sanitation items:** toilet: "Porta-Potty" or 5 gal. plastic can with lid, trash can liners to fit, odorless sanitary liquid / tablets*, "Bucket Potty Seat"*, toilet paper
- Cash** (including change), **credit card**
- Entertainment:** books, toys, games, crayons, pads, CD's, "books on tape," CD / cassette player, radio, deck of cards

 **Health**

- First aid kit** (Store-bought or see list to make your own.)
- Family / pet medications** (Keep 2 week overlap on hand.)
- Vitamins / minerals**
- Feminine hygiene supplies**
- Waterless hand cleaner, pre-moistened towelettes, Sun Shower®*, towel, washcloths, soap**
- Household chlorine bleach for sanitation**
- Baby / child / elderly supplies / medications & tools**
- Zip Lock® freezer bags (quart, gallon size)**
- Extra medications / prescription glasses**

 **Safety**

- Flashlights** with plenty of extra batteries, light sticks*, LED head lamp (Look for solar-powered, wind up, shake type)
- Two radios:** battery powered, solar / wind up
- "Emergency Radio Scanner"**
- Emergency Alert App's** for your portable devices are online
- Fire extinguisher** (ABC type)
- Tools:** hammer, variable-bit screwdriver, adjustable wrench, Vice Grips®, knife, scissors, pliers, nails, screws, hooks
- Plastic sheeting, duct tape, towels to seal air gaps**
- Emergency blankets***
- Survival manual***
- Map of area** w/ your evacuation routes highlighted.
- Waterproof matches, lighter**
- Candles, battery-operated lanterns**
- Potassium iodide** tablets (for radiation poisoning)
- Batteries** for flashlights, lanterns, CD/cassette players, radio
- Safety suit** (biological / chemical): Tyvek® painter's overalls w/ hood & booties, chemical-resistant gloves, full-face gas mask (best) *OR* pesticide-rated respirator, tight-fitting, clear swim goggles, ear plugs (okay). Seal open seams with duct tape.

 **Food** (Rotate every 6 months. Mark date w/marker.)

- Canned** (lasts 1-2 years), **dehydrated** (BETTER, lasts 5-7 years), **freeze-dried** (BEST, #10 cans: last 25-30 years, all fruits, veggies, juices, milk, baking goods, etc. are available.)
- Sprout seeds** store well; good source of vitamins & minerals
- Grains, nuts, beef / turkey jerky, snacks, trail mix, granola bars, high-energy bars**
- Condiments** (sugar, salt, pepper), **herbs, spices**
- Chicken / beef / vegetable bouillon** cubes / powder
- Instant coffee, tea, hot chocolate, powdered mixes**
- Can opener, paper plates, cups, napkins, paper towels**
- All propane / fuel stoves should *only* be used outdoors.
- Candle / "Sterno"** (fondue pots) can be used indoors. *Never leave an open flame unattended.*



Water

- One gallon per person per day.** Two quarts drinking; two quarts cooking / cleaning. Fill bathtub for utilitarian use.
- Use clean, sterilized plastic soda bottles or water containers.** Date and store in cool, dark area. Rotate often.
- Emergency INDOOR water sources: Hot water tank** (With gas & electric off, open drain @ bottom of tank, turn off water intake valve; turn on a hot water faucet. *Make sure tank is filled from main water valve before turning back on.*) **Ice cubes, reservoir tank of toilet** (not bowl), **water pipes** (turn on faucet @ highest level; obtain water from faucet @ lowest level).
- Disinfect water w/2-3 drops of regular household bleach per gallon.** Shake well & let sit for 30 minutes before using.



Pets

Shelter-in-Place:

- Food** (low protein to reduce stool volume), **water, bowls**
- Sanitation:** "Puppy Training Pads" (available @ pet store), garbage bags for refuse.
- Bed, blankets, familiar toys, crate or bed**

Evacuation:

- Pet carrier or crate, ID, vaccination records, registration, food, water, medications, muzzle, leash**



First Aid Kit

- Sterile bandages / gauze pads** (assorted sizes)
- Hypoallergenic medical adhesive tape**
- Triangular bandages** (3)
- 2" & 3" wide sterile roller bandages** (3 rolls each)
- Scissors, tweezers, needle**
- Sling, splint**
- Potassium iodide (for radiation poisoning)**
- Moistened towelettes**
- Thermometer**
- Tongue blades** (2)
- Tube of petroleum jelly or other lubricant**
- Safety pins** (assorted sizes)
- Cleansing agent, antiseptic, soap**
- Latex gloves** (2 pair)
- Sunscreen, lip balm**
- Alcohol pads**
- Polysporin © or other anti-bacterial salve**
- Ace bandages**
- Instant cold / instant hot packs**
- A supply of all prescription medications needed in case of an emergency. Talk to your doctor.**

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever**
- Anti-diarrhea medication**
- Antacid** (for stomach upset)
- Syrup of Ipecac** (used to induce vomiting if advised by the Poison Control Center)
- Laxative**
- Activated charcoal** (use if advised by the Poison Control Center)
- Cold / allergy medication**
- Eye drops**



Evacuation

- Listen to radio** for instructions about evacuation routes.
- Coordinate with contact person** who lives far away from you to phone w/ information. Give each person / family member the phone number, including schools. Call contact person.
- Get duplicate street maps** and coordinate w/ family members your *personal* evacuation routes / modes of transportation (2 scenarios according to wind direction / circumstances) from work / home (highlight these routes) to a meeting place in a safe area. Stay away from main routes.
- Public shelters (no pets) may be set up in schools.**
- Keep car gas tank ¾ full / "car kit" stocked and in car.**
- Take protective clothing / additional water.**
- Seal car vents with duct tape if needed.**



Car Kit

In water-tight plastic container or backpack:

- Road maps** with your highlighted evacuation routes
- Flashlight, batteries, light sticks*, LED head lamp**
- First aid kit**
- Cell phone, hand-held "walkie-talkies," GPS**
- Flares, jumper cables**
- Emergency blanket***
- Tube tent* or plastic tarp, umbrella**
- Light parka / rain gear, clothing, socks, shoes, hat**
- Extra Zip Lock© freezer bags** (quart & gallon size)
- Cash, change, credit card**
- Pocket-sized survival manual***
- Battery-powered radio with extra batteries**
- 4 Zip Lock© freezer bags (gallon size) filled with:**
 - 1) Personal hygiene supplies:** toilet paper, feminine supplies, soap, tissues, paper towels, towelettes, brush / comb, toothbrush, toothpaste, razor, shampoo
 - 2) Health supplies:** multi-vitamins, energy bars, dried fruit, nuts, turkey / beef jerky, trail mix, dried juice, water, bleach
 - 3) Safety supplies:** candle lantern*, whistle, waterproof matches, lighter, large piece of aluminum foil for cooking if necessary, string, compass, clothes pins, pocket knife
 - 4) Misc. supplies:** pen / pencil, pad, extra batteries, multi-use tool / knife, glasses, scissors, sunglasses, deck of cards, needle / thread, book, metal pot for cooking
- Copies of documents** (see "Home" section / list)
- Plastic sheeting, duct tape for emergency shelter**
- Travel-sized blanket, pillow**



Workplace

- Know your employer's evacuation / shelter-in-place plans / contacts / routes. Implement one if necessary.**
- Identify emergency exits in your building.**
- Keep smaller container / backpack of supplies** (water, energy bars, flashlight, first aid kit).
- Know public transportation available** (routes, times).
- Coordinate evacuation plans with family members.**

* Items available @ boating / camping / RV stores

Sources & websites:

- redcross.org
- ready.gov
- preparedness.com
- iprepare.com
- beprepared.com
- fema.gov