

**DISASTER  
SUPPLY KIT  
AND SHELTER  
IN PLACE**

**Are You Ready?**

Is a series of handouts designed to assist you and your family to plan ahead for emergencies.



For more information on Disaster Supply Kit and Shelter in Place — Check out these Helpful websites:



[www.fema.gov](http://www.fema.gov)



[www.redcross.org](http://www.redcross.org)



[www.hhs.gov](http://www.hhs.gov)



[www.whitehouse.gov](http://www.whitehouse.gov)

# Are You Ready?

WASHINGTON COUNTY  
HEALTH DEPARTMENT

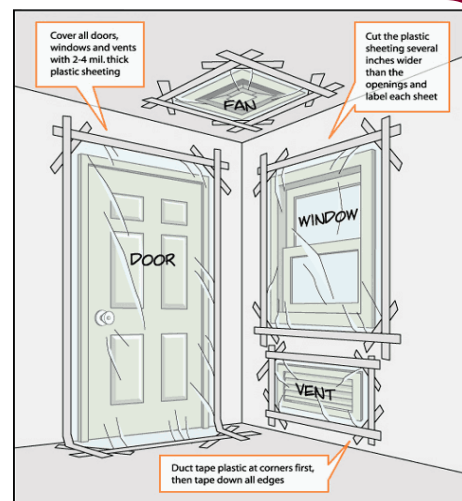
FEBRUARY 2005

## Build A Kit



What you have on hand when a disaster happens can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.

- 1. Water.** Have at least one gallon per person per day.
- 2. Food.** Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.
- 3. Flashlight.** Include extra batteries.
- 4. First aid kit.** Pack a reference guide.
- 5. Medications.** Don't forget prescription and non-prescription items.
- 6. Battery-operated radio.** Include extra batteries.
- 7. Tools.** Gather a wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags and ties.
- 8. Clothing.** Provide a change of clothes for everyone, including sturdy shoes and gloves.
- 9. Personal items.** Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.
- 10. Sanitary Supplies.** You'll want toilet paper, towels, feminine supplies, personal hygiene items, bleach, etc.
- 11. Money.** Have cash. (ATMs and credit cards won't work if the power is out.)
- 12. Contact information.** Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.
- 13. Pet supplies.** Include food, water, leash, litter box or plastic bags, tags, any medications and vaccination information.
- 14. Map.** Consider marking an evacuation route on it from your local area.



## SHELTER IN PLACE



### A Special Note on Sheltering-in-Place

Chemical or airborne hazards require a special response called sheltering-in-place. If local officials advise you to shelter-in-place:



1. Close and lock all windows and exterior doors.
2. Turn off all fans, heating and air conditioning systems.
3. Close the fireplace damper.
4. Get your disaster supplies kit out and make sure the radio is working.
5. Go to an interior room without windows that is above ground level. (In the case of a chemical threat, an above-ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed.)
6. Using duct tape, seal all cracks around the door and any vents into the room.
7. Listen to your radio or television for further instructions. Local officials may call for evacuation in specific areas.