

**ASSEMBLE
A KIT
STEP #3**



Are You Ready?

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



For more information on Assemble a Kit, Step #3: Check out these Helpful websites:



Washington County
Emergency Services/
Emergency Management
33 W. Washington St.
Hagerstown, MD 21740
240-313-2930



www.fema.gov



www.redcross.org



www.hhs.gov



www.whitehouse.gov

Are You Ready?

WASHINGTON COUNTY
HEALTH DEPARTMENT

MARCH 2006

Four Steps to Preparedness

Step 1: Get Informed (in January 2006 issue)
Step 2: Make a Plan (in February 2006 issue)

Step 3: Assemble a Disaster Supplies Kit

In the event you need to evacuate at a moment's notice and take essentials with you, you probably will not have the opportunity to shop or search for the supplies you and your family will need. Every household should assemble a disaster supplies kit and keep it up to date.

A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster. Disaster supplies kit items should be stored in a portable container(s) as close as possible to the exit door. Review the contents of your kit at least once per year or as your family needs change.

- ★ Three-day supply of nonperishable food and manual can opener.
- ★ Three-day supply of water (one gallon of water per person, per day).
- ★ Portable, battery-powered radio or television and extra batteries.
- ★ Flashlight and extra batteries.
- ★ First aid kit and manual.



- ★ Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- ★ Matches in waterproof container.
- ★ Whistle.
- ★ Extra clothing and blankets.
- ★ Kitchen accessories and cooking utensils.
- ★ Photocopies of identification and credit cards.
- ★ Cash and coins.
- ★ Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries.
- ★ Items for infants, such as formula, diapers, bottles, and pacifiers.
- ★ Tools, pet supplies, a map of the local area, and other items to meet your unique family needs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- ★ Jacket or coat.
- ★ Long pants and long sleeve shirt.
- ★ Sturdy shoes.
- ★ Hat, mittens, and scarf.
- ★ Sleeping bag or warm blanket.

.....coming next flyer: **Step 4 - Maintain you plan and kit (April)**



An Ounce of Prevention

Routinely Clean and Disinfect Surfaces



What is the difference between cleaning and disinfecting? Cleaning and disinfecting are not the same thing. In most cases, cleaning with soap and water is adequate. It removes dirt and most of the germs. However, in other situations disinfecting provides an extra margin of safety.

You should disinfect areas where there are both high concentrations of dangerous germs and a possibility that they will be spread to others. That is because disinfectants, including solutions of household bleach, have ingredients that destroy bacteria and other germs. While surfaces may look clean, many infectious germs may be lurking around. Given the right conditions, some germs can live on surfaces for hours and even for days.

Do you know where the "hot zones", or the contaminated areas, are in your home? The kitchen is one of the most dangerous places in the house because of the infectious bacteria that are sometimes found in raw food such as chicken. Also, there is a potential for germs to be spread to other people because that is where food is prepared. You cannot always tell where or when germs are hiding. When you touch a contaminated object you can contaminate other surfaces that you touch afterwards and spread the germs to others.

Another potential hot zone is the bathroom. Routinely cleaning and disinfecting the bathroom reduces odors and may help prevent the spread of germs when someone in the house has a diarrheal illness. And do not forget your child's changing table and diaper pail.



WASH, RINSE and SANITIZE other food contact surfaces.

REMEMBER TO ASSEMBLE YOUR SUPPLIES KIT.

Unscramble the tiles to reveal a message.

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