



September is National Preparedness Month

Are you ready? Are you prepared? Do you have a 72-hour disaster kit? Let's get started now before it's too late.

Here are a few things that may help you in getting your disaster kit ready. Each time you go to the grocery store pick up at least one item that can go into your kit such as batteries, a gallon of water, or can or two of non-perishable food. Over the next few months you will be better prepared for an emergency. Remember that in an emergency you need to make preparations until others can reach

you.

Basic Disaster Supplies

- Water – one gallon of water per person per day for at least three days. A family of 4 would need a minimum of 12 gallons of water for three days.
- Food – at least a three-day supply of non-perishable food
- Battery powered radio and a NOAA Weather radio with tone alert with extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Moist towelettes, garbage bags and plastic ties
- Wrench or pliers
- Manual can opener for food
- Cell phone with chargers, inverter or solar charger



Things to consider are:

- Prescription medications and glasses
- Infant formula and diapers
- Cash or travelers checks and change
- Copies of insurance policies, identification and bank account records in a waterproof container.
- Sleeping bag, warm blankets for each person
- Change of clothing (If in the winter consider additional clothing)
- Household chlorine bleach (Unscented) this can when diluted be used to treat water by using nine parts water to one part bleach. (16 drops of regular household bleach per gallon of water.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games puzzles or other activities for children

You may not need some of the mentioned items so get what you feel is needed for your Emergency Kit. Items can be put into a plastic tote and if items have an expiration date rotate items.

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