



Emergency Supplies

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.

Emergency survival kit

Store a kit at home, at work and at each child's school or daycare facility.

- Dry or canned food and drinking water for each person
- Can opener
- First aid supplies and first aid book
- Copies of important documents: birth certificates, licenses and insurance policies
- "Special needs" items for family members, such as infant formula, eyeglasses and medications
- A change of clothing
- Sleeping bag or blanket
- Battery powered radio or television
- Flashlight and extra batteries
- Whistle
- Waterproof matches
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers
- Food, water and supplies for pets

Additional items you can store at home for use during an emergency:

Cooking supplies

- Barbecue, camp stove
- Fuel for cooking, such as charcoal or camp stove fuel
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

- Sanitation supplies
- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach with no additives, and eyedropper (for purifying drinking water)
- Newspaper — to wrap garbage and waste

Comfort

- Sturdy shoes
- Gloves for clearing debris
- Tent

Tools

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting

More information from the Washington State Department of Health:

Emergency Resource Guide online at:
www.doh.wa.gov/phepr/handbook.htm

Pandemic influenza Web site at:
www.doh.wa.gov/panflu



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