

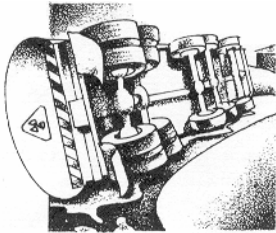
# Culver City Police Department

Presents

Assembling Your Own

## Family Disaster Supplies Kit

**D**isasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond



A highway spill of hazardous material could mean instant evacuation.



A winter storm or mudslide could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services-gas, water, electricity and telephones-for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

### To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies listed before an emergency.
- Include special items you may need such as special medicines, or foods.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (\*).
- Periodically check your kit and replace items that may expire or deteriorate with age.

When will they strike next?

Windstorm   Flash Flood   Haz-Mat Spill   Earthquake   Tornado   Winter Storm   Mudslide   Fire   Civil Unrest

# Supplies



Here are seven basics you should stock in your home:

- **Water**
- **Food**
- **First Aid Supplies**
- **Clothing & Bedding**
- **Tools**
- **Emergency Supplies**
- **Special Items**

Keep the items that you would most likely need during an evacuation in an easy-to-carry container- suggested items are marked with an asterisk (\*). Possible containers include:



A large, covered trash container.

A camping backpack or duffel bag.

Whatever container you chose, consider that it may have to be carried by hand, over a distance.

Keep it light, simple and compact as possible.

## Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will also need more.

- Store one gallon of water per person (two quarts for drinking, two quarts for food preparation and sanitation)\*
- Keep at least a three-day supply of per day water for each person in your household.

## Food

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight.

\*Include a menu of the following foods in your Disaster Supplies Kit:

- |   |   |
|---|---|
| <input type="checkbox"/> Ready to Eat canned meat fruits and vegetables   | <input type="checkbox"/> Vitamins   |
| <input type="checkbox"/> Canned juices, milk, soup (if powdered, store extra water)   | <input type="checkbox"/> Food for infants, elderly or persons on a special diet                           |
| <input type="checkbox"/> Staples: sugar, flour, salt  | <input type="checkbox"/> Comfort/stress foods: Hard candy, cookies, sweet cereal instant coffee, tea bags |
| <input type="checkbox"/> High energy food- peanut butter, jelly, crackers, granolas bars trail mix, powdered diet proteins and supplements. |   |

## First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kite\* should include:

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> 2" sterile gauze pads (4-6)                 | <input type="checkbox"/> Scissors    |
| <input type="checkbox"/> 4" sterile gauze pads (4-6)                 | <input type="checkbox"/> Tweezers    |
| <input type="checkbox"/> Hypoallergenic adhesive tape                | <input type="checkbox"/> Needle      |
| <input type="checkbox"/> Triangular bandages                         | <input type="checkbox"/> Antiseptic  |
| <input type="checkbox"/> 2" sterile roller bandages (3 rolls)        | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> 3" sterile roller bandages (3 rolls)        | <input type="checkbox"/> Safety pins |
| <input type="checkbox"/> Moistened towelettes                        |                                      |
| <input type="checkbox"/> Latex gloves (2 pair)                       |                                      |
| <input type="checkbox"/> Cleansing agent/soap                        |                                      |
| <input type="checkbox"/> Tongue blades                               |                                      |
| <input type="checkbox"/> Petroleum jelly or other lubricant          |                                      |

## Non-Prescription Drugs

- Aspirin
- Non aspirin pain reliever
- Anti Diarrhea medicine
- Laxative
- Syrup if Ipecac-used to induce vomiting if advised by Poison Control Center
- Activated Charcoal-use if advised by Poison Control Center

## Tools and Supplies

- |   |   |
|---|---|
| <input type="checkbox"/> Mess Kits, or paper cups, plates & utensils*       | <input type="checkbox"/> Whistle          |
| <input type="checkbox"/> Emergency preparedness manual*                     | <input type="checkbox"/> Needle, thread   |
| <input type="checkbox"/> Shut-off wrench, to turn off household Gas & water | <input type="checkbox"/> Tube tent        |
| <input type="checkbox"/> Battery operated radio & extra batteries*          | <input type="checkbox"/> Pliers           |
| <input type="checkbox"/> Flashlight and extra batteries*                    | <input type="checkbox"/> Tape             |
| <input type="checkbox"/> Cash or traveler's checks, change*                 | <input type="checkbox"/> Compass          |
| <input type="checkbox"/> Map of the area (for locating shelters)            | <input type="checkbox"/> Plastic sheet    |
| <input type="checkbox"/> Fire Extinguisher: small, ABC type                 | <input type="checkbox"/> Paper, pencil    |
| <input type="checkbox"/> Manual can opener*                                 | <input type="checkbox"/> Signal flare     |
| <input type="checkbox"/> Matches in a waterproof container                  | <input type="checkbox"/> Aluminum foil    |
| <input type="checkbox"/> Plastic storage containers                         | <input type="checkbox"/> Utility knife*   |
|   | <input type="checkbox"/> Signal mirror    |
|   | <input type="checkbox"/> Medicine dropper |

## Sanitation

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Household chlorine bleach
- Disinfectant

## Clothing and Bedding

\*Minimum one complete change of clothing & footwear per person.

- |  |  |
|--|--|
| <input type="checkbox"/> Sturdy shoes or work boots* | <input type="checkbox"/> Hat and gloves    |
| <input type="checkbox"/> Rain gear*                  | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Blankets or sleeping bags*  | <input type="checkbox"/> Sunglasses        |

## Remember Special Items

Family members with special needs: Infants, elderly & the disabled

### For Baby\*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### For Adults\*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses
- Extra eye glasses

- ◆ **Entertainment** - games and books.
- ◆ **Important Family Papers**  
Keep these records in a waterproof container.
- ◆ Will, contracts, deeds, stocks, bonds & insurance policies
- ◆ Passports, social security cards, immunization records
- ◆ Bank account numbers
- ◆ Credit card account numbers and companies
- ◆ Inventory of valuable household goods, important telephone numbers
- ◆ Family records (birth, marriage, death certificates)

## Suggestions & Reminders

Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.



- ◆ Keep items in airtight plastic bags.
- ◆ Change your stored water supply every six months so it stays fresh.
- ◆ Rotate your stored food every six months.
- ◆ Rotate your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- ◆ Ask your physician or pharmacist about storing prescription medications.



# CREATE A FAMILY DISASTER PLAN

## To get started...

Contact your local Civil Defense or Emergency Management office or the local Red Cross Chapter.

Ask which disasters are most likely to happen in your community.

How would you be warned?

Find out how to prepare for each type of disaster that you might encounter.

## Plan how your family will stay in contact if separated by disaster

Select two meeting places:

- 1) A nearby location a safe distance from your home.
- 2) A place outside your neighborhood in case you can't return home.

- ◆ Chose an out of state

## Take the time to...

- ◆ Install a smoke detector on each home level especially near bedrooms. Test monthly & change batteries twice each year.
- ◆ Contact your local Fire Dept. to learn about home fire hazards.
- ◆ Learn First Aid & CPR. Contact your local Red Cross Chapter for info and training.

## Meet with your Family

- ◆ Discuss the types of disasters that could occur.
- ◆ Explain how to prepare and respond.
- ◆ Discuss what to do if advised to evacuate.
- ◆ Practice what you have discussed.



## Meet with your neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbor's skills (medical, technical).

Consider how you could help neighbors with special needs such as the elderly or disabled. Make plans for child care in case parents can not get home to attend to their children.

**Remember to practice and maintain your plan!**