

EMERGENCY PREPAREDNESS KIT



All Nevadans should have some basic supplies on hand for a family to survive if an emergency occurs. The following is a list of basic items that every emergency supply kit should include as recommended by Homeland Security. Check your family emergency stockpiles, change batteries in radios and flashlights, replace or rotate food items in the kit, update any family information medications, address the special needs of the family, emergency contact information and identification cards for all members.

An emergency preparedness kit is a first step to ensure families and businesses can sustain themselves in the event of illness outbreaks, natural disasters or acts of terrorism. Kits should include food, water, a first aid kit, tools, copies of important documents, clothing and bedding, medications, and pet supplies.

BASIC EMERGENCY

- ☐ Water - one gallon of water per person per day supply. For drinking and sanitation
- ☐ Food - non-perishable food to last for several days
- ☐ Battery-powered or hand crank radio and NOAA Weather Radio with tone alert
- ☐ Flashlight
- ☐ First aid kit - First aid manual, assortment of sterile gauze and adhesive bandages, medical tape, ace bandage, CPR mask, Quick Clot, over-the-counter drugs- aspirin, antidiarrheal medications, and activated charcoal, antiseptic ointment, soap, nitrile gloves, SAM splint, oropharyngeal airways set, thermometer, tweezers and needles, and tongue depressors.
- ☐ Extra batteries
- ☐ Whistle to signal for help
- ☐ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Manual can opener for food
- ☐ Local maps
- ☐ Cell phone with chargers and a backup battery

HOUSEHOLD SUPPLIES AND EQUIPMENT

- ☐ One gallon liquid chlorine bleach.
- ☐ Battery-powered radio or TV.
- ☐ Flashlights - one for each room of the house.
- ☐ Lantern LED
- ☐ Glow sticks
- ☐ Extra fresh batteries for radio, TV, lantern, and flashlights.
- ☐ Whistle
- ☐ Gasoline (if you plan to use a generator outdoors).
- ☐ Propane fuel (if you plan to use a grill or camp stove outdoors).
- ☐ Charcoal (if you plan to use a barbecue grill outdoors).
- ☐ Disposable tableware, including paper towels and napkins.
- ☐ Manual can opener, utensils and sterno for heating.
- ☐ Plastic bags - zip seal, and garbage.
- ☐ Fire extinguisher (small canister A-B-C type).
- ☐ Food thermometer - able to measure temperature from 0 to 220 degrees Fahrenheit

HEALTH AND HYGEINE

- ☐ Prescription medication - at least one week's
- ☐ Toilet paper and Paper towels.
- ☐ Medical Equipment
- ☐ Pre-moistened handwipes/baby wipes
- ☐ Hand sanitizer
- ☐ Toiletries – toothpaste, deodorant, soap
- ☐ Feminine hygiene supplies
- ☐ A list of family physicians, important medical information, and medical devices.

TOOLS

- ☐ Rope (for rescue, tow, tying down property)
- ☐ Shovel
- ☐ Hammer and Nails
- ☐ multi-tool with pliers
- ☐ 4 in 1 Emergency tool) with gas and Water Shut off
- ☐ Reflective Vest
- ☐ Work Gloves
- ☐ Eye Goggles
- ☐ Utility Tape/Electrical Tape
- ☐ Clean Up Supplies
- ☐ Broom & Mop
- ☐ Bucket (5-gal min, with lids)
- ☐ N-95 Particulate Masks
- ☐ Disinfecting Spray
- ☐ Paper Towels, rags (to clean with)
- ☐ Rubber gloves, scrub brush, sponges
- ☐ Garbage bags with ties

CLOTHING & BEDDING

- ☐ Sturdy shoes, work boots
- ☐ Rain gear
- ☐ Mylar blankets, Sleeping Bags
- ☐ Hats, gloves, thermal underwear
- ☐ Sunglasses

ADDITIONAL EMERGENCY SUPPLIES

- ☐ Firearms and Ammunition
- ☐ A change of clothing, rain gear and sturdy shoes for each family member.
- ☐ An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- ☐ Pet's medication, leashes, collars, ID tags, blanket, bed, carrier, toys.
- ☐ Pet food and extra water for your pet
- ☐ Prescription medications
- ☐ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ☐ Infant formula, bottles, diapers, wipes, diaper rash cream
- ☐ Cash
- ☐ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- ☐ Sleeping bag or warm blanket for each person
- ☐ Complete change of clothing appropriate for your climate and sturdy shoes
- ☐ Household chlorine bleach and medicine dropper to disinfect water
- ☐ Fire extinguisher
- ☐ Matches and lighters 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

MAINTAINING YOUR KIT

- ☐ After assembling your kit remember to maintain it so it's ready when needed. Set a calendar reminder every six months around daylight savings time to:
- ☐ Keep canned food in a cool, dry place
- ☐ Store boxed food in tightly closed plastic or metal containers
- ☐ Replace expired items as needed
- ☐ Re-think your needs every year and update your kit as your family's needs change.

SUPPLY KIT LOCATIONS

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.

Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Work: Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

Vehicle: Severe weather can move in quickly and strand motorists. The best preparation for severe winter weather including strong winds and heavy rain requires planning ahead. Almost everyone carries a cell phone – keep it charged up. And at a minimum keep a blanket, radio, flashlight, batteries, a first aid kit, and a three to seven day supply of food and water in your vehicles. Don't forget to tell friends or relatives that you're travelling, what route you're taking, and when you expect to arrive. This information could save your life if you get stuck. In case you are stranded, keep a kit of emergency supplies in your car.

Be Prepared for the Unexpected

“Watch, stand fast in the faith, be brave, be strong.” 1 Corinthians 16:13

