



### Questions for Caregivers

1. Do I know the most important disaster issues for the area where the person I am caring for lives (winter storms, floods, etc.)?
2. Do I know how I should respond to a disaster that might strike with little or no warning?
3. Do I know the recommended evacuation route if there were an evacuation order?
4. What are the transportation options for the person that I am caring for?
5. Where is the nearest shelter?
6. Do I know where to find the shut off valves to the home of the person I am caring for? Do I know how to shut them off? If special tools are needed, do I have them?
7. Who are the other emergency contacts of the person I am caring for?
8. Do I know the neighbors of the person I am caring for in case we need to help each other in an emergency?
9. If the person I am caring for is receiving home health services, have I discussed emergency procedures with the provider?
10. If the person I am caring for has special needs, do I have a plan for dealing with them in an emergency? (Mobility, medical equipment, incontinence supplies, oxygen supplies, others)
11. If the person I am caring for lives in a senior community, am I familiar with its emergency planning and procedures?

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## Basic Disaster Supplies

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- ☐ Water (one gallon per person per day for 3-6 days, for drinking and sanitation)
- ☐ Food (at least a several-day supply of non-perishable food)
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ☐ Flashlight
- ☐ First aid kit
- ☐ Extra batteries
- ☐ Whistle (to signal for help)
- ☐ Dust mask (to help filter contaminated air)
- ☐ Plastic sheeting, scissors 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

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## Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- ☐ Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- ☐ Prescription medications. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- ☐ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ☐ Prescription eyeglasses and contact lens solution
- ☐ Incontinence supplies, briefs, adult wipes, etc.
- ☐ Pet food and extra water for your pet
- ☐ Cash or travelers checks
- ☐ 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
- ☐ 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
- ☐ Emotional support items (Copies of photographs, etc.)

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## Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

- 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.

## Kit Storage Locations

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

- **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.
- **Car:** In case you are stranded, keep a kit of emergency supplies in your car.

## For More Information

- Explore the Important Documents Checklist ([Add Link](#))
- *Ready* is a National public service campaign designed to educate and empower the American people to prepare for, respond to and mitigate emergencies and disasters.

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