

MAKE AN EMERGENCY SUPPLY KIT

During or after an emergency, you won't have time to search for supplies. There's also a chance stores may not be open to fill even basic needs.

An emergency supply kit, containing necessary items you would need for survival, should be prepared in advance. Keep the kit in an accessible place where you can reach it quickly in case of an emergency – whether you remain at home or evacuate to a safe place. Recommended supplies to include in a basic emergency supply kit:

- ❑ Water, at least one gallon per person per day for at least three days, stored in a plastic container
- ❑ Food, at least a three-day supply of nonperishable food. Don't forget to consider those with special diets, such as diabetics.
- ❑ A first-aid kit
- ❑ Prescription medications – be sure to watch for expiration dates
- ❑ Battery powered radio, flashlights and extra batteries
- ❑ Can opener
- ❑ Bedding for each person
- ❑ Personal hygiene items
- ❑ Dust mask or cotton t-shirt for each person to help filter the air
- ❑ A whistle to signal for help
- ❑ A waterproof container to store important documents such as driver's license, birth certificates, copies of medical prescriptions, insurance policies

AFTER ASSEMBLING YOUR KIT

- Store the kit in a place known to all household members
- Review the contents of your kit periodically to make sure food and water are fresh and prescription medicines are up-to-date

For more information regarding preparing for a public health emergency, contact the Iowa Department of Public Health at www.idph.state.ia.us or Protect Iowa Health at www.protectioniowahealth.org .