

72-HOUR FAMILY EMERGENCY KIT

ARE YOU PREPARED IN CASE OF A DISASTER?

Disaster can strike quickly and without warning, and you may need to survive on your own for an undetermined length of time. This means having your own food, water, and other supplies in sufficient quantities to last at least three days. Do not wait until a disaster occurs!

ANATOMY OF A FIRST AID KIT

The Red Cross recommends that all first aid kits for a family of four include the following:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approx. 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approx. 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 x 3 inches)
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet

Sanitation Kit

- Plastic bucket with tightly fitted lid
- Plastic bags & ties
- Disinfectant
- Improvised toilet seat
- Paper cups & plates
- Personal toiletries
- Baby supplies
- Aluminum foil
- Paper towels
- Personal hygienic needs
- Plastic utensils
- Soap

Other Emergency Needs

- Pen & paper
- Money
- Address & phone numbers
- Work gloves
- Basic tools

Car Survival Kit

- Always maintain at least 1/2 tank of gas
- First aid kit & manual
- Class ABC fire extinguisher
- Flashlight, radio & extra batteries
- Nonperishable food stored in sealed containers
- Bottled water
- Bag of sand, shovel & tools

- Blankets or sleeping bags
- Sundry kit, paper & pencil, map, tissues, pre-moistened towels, plastic bags, essential medications
- Reflectors & flares
- Waterproof matches & candles
- Jumper cables
- Short rubber hose for siphoning

Make Copies of All Legal Papers

- Bank Accounts
- Mortgages
- Marriage license
- Vacation home / property ownership
- Vehicle titles
- Wills; Insurance policies
- Jewelry appraisals
- Drivers licenses

Establish an Out-Of-State 24-Hour Telephone Contact

- Inform all relatives now on procedures to call the phone contact, not after a disaster has occurred. Individual location and status should be requested.
- Calls going out will not overload phone lines as much as calls coming into a disaster area.
- Take color pictures of every room, plus pictures of valuables. Send one copy of legal papers and one copy of pictures to your out-of-state contact.

Plan How Your Family Will Stay in Contact if Separated by Disaster

Pick two meeting places:

- A location a safe distance from your home in case of fire
- A place outside your neighborhood, in case you can't return home

Other Considerations

- Stock supplies to last several days to a week for each family member
- Be prepared to relocate to a shelter during a prolonged power outage
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed
- Work with your family in talking about the steps each needs to take to be ready if disaster happens

Emergency Outdoor Water Sources

If you must use an alternate water source, such as rainwater, streams, rivers, ponds, lakes, natural springs, etc., be sure to purify the water:

- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil 1/2 pot water & collect the vapor by tying a cup to the upside down pot lid - the cup shouldn't dangle in the water—it will condense back to water in the cup)

When Assembling Emergency Supplies for the Household, Include Items for Pets

- Extra food (The food should be dry and relatively unappealing to prevent overeating. Store the food in sturdy containers.)
- Kitty litter
- Large capacity self-feeder and water dispenser
- Extra pet medications

Meet with Neighbors

Plan how the neighborhood could work together after a disaster. Know you neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for childcare in case parents can't get home.

Contact Your Local Emergency Management Office

Find out which disasters are most likely to happen in your community, and find out how you would be warned.

PREPAREDNESS IS FOR EVERYONE!

Every single citizen should plan ahead for a disaster.

Not just government agencies but all sectors of society — service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations.

During the first few hours or days following a disaster, essential services may not be available.

Be prepared now and ready to act!

Brought to you by the Chemical Stockpile Emergency Preparedness Program (CSEPP) and the Arkansas Department of Emergency Management as part of an effort to ensure public health and safety in the event of a chemical emergency at Pine Bluff Arsenal.