



A Disaster Supply Kit

Six Basic Areas You Should Stock

A Disaster Supply Kit

This guide is intended to help both in situations where you may evacuate your home because of a disaster/emergency or where you decide to shelter in your home or nearby.

There are six basic areas you should stock for your home:



Water



Food



First Aid And Supplies



Clothing And Bedding



Tools And Emergency Supplies



Special Needs Items

Keep the items you will most likely need during an evacuation in an easy-to-go carry container or bags.

Item Checklist

Include a notebook and this planning guide in your emergency kit with the following information:

- ✓ Family and friend contact information
- ✓ Numbers for home maintenance workers
- ✓ A list of official emergency numbers
- ✓ Detailed instructions for home emergency protocols, including shutting off utilities
- ✓ Medical information including your family’s physician’s number, health insurance provider information, blood type, allergies, medical conditions, and medications and doses.
- ✓ Educational paperwork such as your Individualized Education Plan (IEP) or 504 Plan, Behavioral Plan if applicable, and other important documents related to a child with disabilities.
- ✓ Take a photo of all documents and upload to a cloud storage: Google Drive, Drop Box, Etc.

**Don’t rely on having this information solely in your electronic devices - these require power and recharging and you may not have access to electricity.

Water



STORE water in large plastic containers. Avoid containers that may decompose or break such as glass or gallons of milk. A person who is generally active should drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount.

Children, nursing mothers, and people who are ill will need to drink even more. If your area experiences the disaster

directly, your family will need enough water for a week until emergency officials can serve you or until electricity is working again.

Keep at least a week supply of water per person (two quarts for drinking, two quarts for food preparation and sanitation) for each person in the household. Change stored water every six months so it may stay fresh. If you purchase bottled water, keep it in the original, sealed container, complying with the “Use By” date.



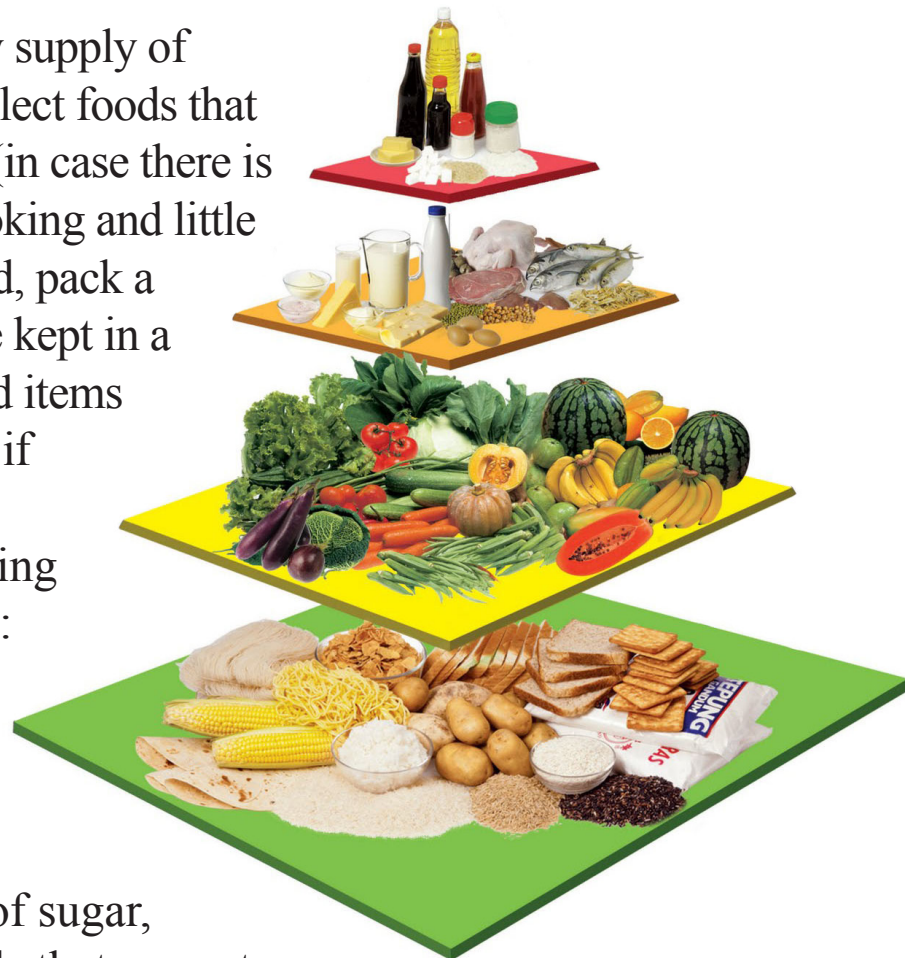
Food

STORE at least a 3 -7 day supply of non-perishable food. Select foods that require no refrigeration (in case there is no electricity), preparation, or cooking and little or no water. If you must heat food, pack a can of sterno and matches that are kept in a water proof container. Select food items that are compact and lightweight, if able.

Include a selection of the following foods in your disaster supply kit:

- Ready to eat canned foods
- Canned fruits, dried fruits, and nuts
- Canned vegetables

Remember to limit your intake of sugar, caffeine, alcohol, and other foods that are not healthy.



Essentials

- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Spare keys
- Do not include candles as they cause more fires after a disaster than anything else.

First Aid Kit

A

ASSEMBLE a first aid kit for your home and each vehicle. A first aid kit should include the following:

- Sterile, adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (at least 4 – 6)
- 4-inch sterile gauze pads (at least 4 – 6)
- Triangular bandages (at least 3)
- 2-inch sterile roller bandages (at least 3 rolls)
- 3-inch sterile roller bandages (at least 3 rolls)
- Scissors
- Adhesive tape
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Rubbing alcohol
- Thermometer
- Tongue Blades (2)
- Tube of petroleum jelly or other lubricant
- Extra eye glasses



Medical Needs

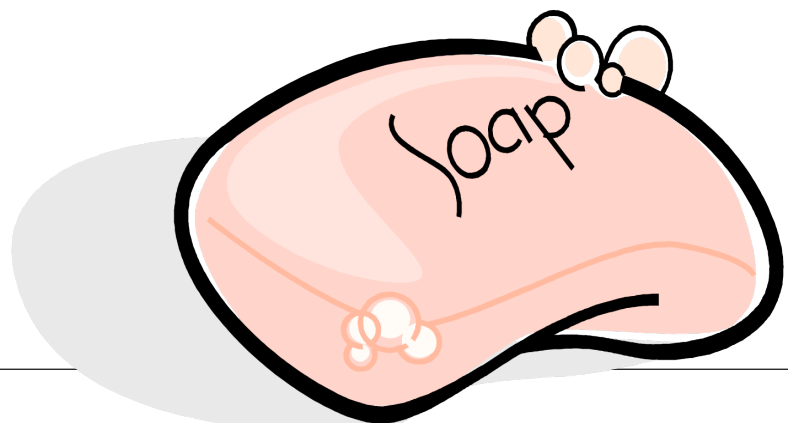
- Heart and high blood pressure medications
- Insulin and ice to keep refrigerated
- Prescription drugs
- Denture supplies
- Contact lenses and supplies

Non-prescription Drugs

- Aspirin or non-aspirin pain reliever
- Antidiarrheal medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center, 1-800-222-1222)
- Laxative
- Activated charcoal (use of advised by the Poison Control Center)

Sanitation

- Toilet paper, towelettes, paper towels
- Soap, liquid detergent
- Feminine hygiene supplies
- Personal hygiene supplies
- Plastic garbage bags, ties (for person sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Facial tissues





Clothing and Bedding

- At least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hats and gloves
- Sunglasses

Tools and Supplies

- Paper cups, plates and plastic utensils
- Cash and credit cards
- Nonelectric can opener, utility knife
- Pliers, screwdriver, hammer, crowbar, assorted nails, wood screws
- Shutoff wrench, to turn off household gas and water
- Tape, such as duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil

- Plastic storage containers
- Signal flare
- Paper, pencil, pens
- Needles, thread
- Medicine dropper
- Adhesive labels
- Safety goggles
- Heavy work gloves
- Whistle
- Heavy cotton or hemp rope
- Patch kit and can of seal-in-air
- Entertainment supplies
- Disposable dust masks
- Plastic sheeting

For Baby

- Formula -
- Diapers/wipes -
- Bottles -
- Powdered formula, milk, or baby food -
- Medications -





Entertainment

- Games and books
- Toys that do not require batteries
- Favorite stuffed animal or blanket

Other Disaster Supplies: Combine these with your other disaster supply kit as you need them, and store them somewhere easy for you to get to.

- Emergency information list/other lists
- Small flashlight
- Extra medication
- Copies of prescriptions
- Extra pair of glasses
- Hearing aid(s)
- Sunscreen



Car Supplies

- Several blankets
- Jumper cables and instructions
- Red cloth to use as a flag
- Cellular telephone

Special Needs Items

Important Family Documents


- Copy of will, insurance policies, contracts, deeds, stocks and bonds
- Copy of passports, Social Security cards, immunization records
- Record of credit accounts
- Record of bank account numbers, names, and phone numbers
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Copy of Social Security Award Letter
- List of styles and serial numbers of medical devices such as pacemakers
- Medical insurance and Medicare/Medicaid cards

Pet Supplies/ Service Animals and Guide Dogs

- | | |
|-----------------------|------------------------------------|
| • Food | • Medications |
| • Extra Water | • Vaccinations and medical records |
| • Leash/harness | • Carrier or cage (1 per animal) |
| • Collar | |
| • Identification tags | |



NOTES:



A large, faint watermark logo is centered on the page. It depicts a family of four (two adults and two children) standing within a heart shape. The logo is split vertically: the left side is light blue and the right side is light pink. The entire page is filled with horizontal black lines for writing, starting below the teal bar and ending above the footer.



Family Network on Disabilities (FND) was founded in 1985 by a group of parents of children with disabilities who came together for mutual support and information-sharing. FND is a grassroots organization for persons with disabilities and their families that is family-centered and family-driven.

Family Network on Disabilities is a national network of individuals of all ages who may be at-risk, have disabilities, or have special needs and their families, professionals, and concerned citizens. The mission of FND is to strive for the complete integration and equality of persons with disabilities in a society without barriers and to serve families of children with disabilities, ages birth through 26, who have the full range of disabilities described in section 602(3) of IDEA. FND is a parent organization as defined in section 671(a)(2) of IDEA 2004.

CONTACT INFORMATION

 @FamilyNetworkonDisabilities

 @FND_USA

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All materials were created in collaboration with Julie M Shaw, CEO of Disability Solutions Firm