

## **Are you prepared? Do you have a disaster supplies kit for your home, car, or work? Could You survive for several days in an emergency?**

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency. You will need to take into consideration where you live and what season you could be needing your kit. (Spring, Summer, Fall, Winter).

Many of these “disaster supplies kits” can be of use in more minor situations, such as a power outage, not just a major disaster.

### **Basic Disaster Supplies Kit**

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, food, battery powered or hand crank radio, flashlight, first aid kit, extra batteries, whistle, mask, plastic sheeting and duct tape, moist towelettes, garbage bags and ties, wrench or pliers, manual can opener, local maps. Have your cell phone with chargers and a backup battery.

Once you take a look at the basic items you will need to consider what unique needs your family might have, such as supplies for pets or seniors.

After assembling your kit, you will need to maintain it so its ready when needed. Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and your vehicle. Each kit could have different and additional supplies.

For an additional list of emergency supplies and printable lists to take with you to the store go to [www.ready.gov/kit](http://www.ready.gov/kit).

The ready.gov site has some great information on planning ahead in case a disaster does strike such as: emergency alerts and warnings, shelter, evacuation, and much more. Another great website is [www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html). There are also links listed on the Meigs County Health Department website at [www.meigs-health.com/emergency-preparedness/](http://www.meigs-health.com/emergency-preparedness/) under the “Are You Prepared” tab.

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