

# ARE YOU PREPARED?

## 1. Be Informed.

Part of being prepared is being well informed:

- Do you know what types of disasters you may have to face in your community?
- How about hurricanes, floods, tornados or wildfires?
- Have you thought about industrial disasters?

## 2. Make a plan.

Sit down with your whole family and think through different emergency situations:

- What would we do in case of a fire, a flood, or a tornado?
- What if we have to evacuate?
- Where would we meet if we got separated?
- Who should be our family's emergency contacts?
- What about medications or other special needs?
- What about our pets?
- What if our home is destroyed?

## 3. Build a kit.

No matter what the disaster, you need to have food, water, and essential supplies. In some cases, you'll take your supplies with you. In others, you'll use them while sheltering at home.



**Get Ahead of What's Ahead. BUILD YOUR DISASTER SUPPLY KIT** **TEXAS READY**

Build your kit all at once or step by step. Start with what you already have at home, then shop for the rest, or needed.

Pack these basic supplies for each person or pet in a portable container or bag. In a prepared container, be sure you have enough supplies for each person or pet. You may need these supplies whether you stay at home (shelter in place) or evacuate to another location.

You may have to leave in a hurry to get to a safe place. Keep these supplies near you. When it comes, grab them and go.

**FOOD AND WATER**

- 3-day supply of non-perishable food.
- 1 gallon of bottled or distilled water.
- Manual can opener.
- 1 gallon of water per day for each person and pet.
- Baby items (diaper food, formula, bottles, diapers).
- Pet supplies (listed on next page).

**FIRST AID, MEDICATION, FITNESS SUPPLIES**

- First aid kit (listed on next page).
- Medications.
- Hand sanitizer.
- Bleach. To purify water, mix 1/8 teaspoon per gallon. Use and discard for 30 minutes.
- Toilet paper, paper towels, garbage bags.
- Diapers (and pads/liners, baby wipes, baby clothes).
- Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses).
- Soap, shampoo, personal hygiene supplies.
- Sunscreen, insect repellent.
- Face masks to filter air.

**COMMUNICATION, LIGHTING, DOCUMENT BAG ITEMS**

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best).
- Extra cell phone battery and car charger.
- Flashlights and extra batteries.
- Matches and lighter. Keep in a waterproof container or a plastic plastic bag.
- Whistle.
- Document bag (listed on next page).

**ADD THESE ITEMS FOR EVACUATING BY CAR**

- Road maps.
- Car repair items (oil, spare tire, tire patch kit, etc.).
- Food and water.
- Plastic plates or bowls.
- First aid kit.
- Extra cell phone battery.
- Extra car charger.
- Extra car air filter.
- Extra car battery.
- Extra car battery charger.
- Extra car battery.
- Extra car battery.
- Extra car battery.

**DOCUMENT BAG CONTENTS**

- Current photo ID, driver license, birth records.
- Social Security cards, passports, vehicle title.
- Social Security number (provide from other documents).
- Health insurance and prescription cards.
- Medical records, medications and dosages.
- Current photo of family members (so you get separated).
- Phone numbers (family, friends, doctors).
- Medical records, medications and dosages.
- Back school information.
- Will.
- Insurance documents (homeowner, renter, flood, life).
- Property deeds, leases, mortgages.
- Vehicle title, insurance, license, loan documents.

**SHOES**

- Water shoes.
- Flip-flops.
- Sneakers.
- Extra pair of shoes.
- Extra pair of shoes.
- Extra pair of shoes.
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**PEOPLE WITH DISABILITIES AND THOSE WITH ACCESS AND FUNCTIONAL NEEDS**

- Wheelchairs, walkers, and canes.
- Copies with and patch for medications.
- Extra medications and dosages.
- Copies of prescriptions and medical alert tags.
- Food for special diets.
- Medical supplies (crutches, glucose monitoring strips, syringes, etc.).
- Hearing aids with extra batteries.
- Communication devices.
- Supplies and documentation for service animals.

**DISASTER SUPPLY CHECKLIST**

**FIRST AID KIT CONTENTS**

- 2 emergency blankets (1 x 6 inches).
- 25 band-aids (different sizes).
- First aid tape.
- Antiseptic ointment.
- Hydrocortisone cream.
- Pain relievers (such as aspirin, ibuprofen or acetaminophen).
- Instant cold pack.
- Oral rehydration, saltines, bananas.
- Oral thermometer (optional).
- 2 sterile bandages.
- 2 sterile gauze pads (different sizes).
- 2 sterile gloves (different sizes).
- 2 triangular bandages (for making slings).
- First aid instruction booklet.

**PET SUPPLIES**

- 3-day supply of food, water, and bowls.
- Pet medications and flea and tick prevention records.
- Copies of vaccination records (if you spend the night).
- Copies of water samples (if required in shelters or where you spend the night).
- Litter and toys.
- Cat litter and box.
- Please in case pet gets lost.

# ¿Está usted preparado?

## 1. Manténgase informado.

Parte de estar preparado es estar bien informado:

- ¿Sabe qué tipos de desastres pueden enfrentar en sus comunidades?
- ¿Y los huracanes, inundaciones, tornados e incendios forestales?
- ¿Ha pensado en desastres industriales?

## 2. Haga un plan.

Tome tiempo con toda su familia y piense en diferentes situaciones de emergencia:

- ¿Qué haríamos en caso de un incendio, inundación o un tornado?
- ¿Y si tenemos que evacuar?
- ¿Dónde nos encontraríamos si nos separamos?
- ¿Quiénes deberían ser los contactos de emergencia de nuestra familia?
- ¿Y los medicamentos u otras necesidades especiales?
- ¿Y si la casa se destruye?

## 3. Prepare un kit.

No importa el tipo del desastre, uno necesita tener alimentos, agua y suministros esenciales. En algunos casos, usted tendría que evacuar con sus suministros. En otros, los usará mientras se refugia en casa.



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