

# 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 waterproof container or bag, you'll need these supplies whether you stay or must leave (either to shelter 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 rains, 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 bottled or distilled water for each person and pet.
- 1 gallon of bottled or distilled water 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 be careful for children).
- Toilet paper, paper towels, garbage bags.
- Diapers (or products: babywipes, babydiapers).
- 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 (if available).
- Extra cell phone battery and car charger.
- Flashlight and extra batteries.
- Matches and lighter - keep in a waterproof container or suitable plastic bag.
- Whistle.
- Document bag items (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.
- Extra blankets or coats.

**DOCUMENT BAG CONTENTS**

Keep accurate, current records of important information to help you get home safely.

Before you leave:

- Current photos (ID, driver license, birth records).
- Social Security cards, passports, photos (keep your Social Security number separate from other documents).
- Health insurance and prescription cards.
- Current photos of family members (so you get separated).
- Medical records, medications and diagnoses.
- Phone numbers (family, friends, doctors).
- Bank account information.
- Back account information.

When staying home:

- Insurance documents (homeowner, renter, flood, life).
- Property deeds, leases, mortgages.
- Vehicle titles, insurance, leases, loan documents.
- Inventory of household possessions and their values.
- Make photos of every room, every drawer, every closet.
- Pet food.
- Backup computer files (on a USB drive).
- Copies of important keys.
- Fire extinguisher.
- Utility bills (so power when you live).
- Public planning and air vents (if available).

**PEOPLE WITH DISABILITIES AND THOSE WITH ACCESS AND FUNCTIONAL NEEDS**

Think about your day-to-day needs for independence. Plan to take your health care needs home. Label medical equipment with your contact information.

- Wheelchairs, walkers, and canes.
- Crutches, canes, and prosthetic limbs.
- Extra medications and diagnoses.
- 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.

**FIRST AID KIT CONTENTS**

- 2 compression dressings (3 x 4 inches).
- 25 band-aids (different sizes).
- First aid tape.
- Antiseptic ointment.
- First aid kit.
- Instant cold packs.
- First aid kit.
- Oral rehydration, saltines, bananas.
- 2 rolls of band-aids (different widths).
- 2 rolls of band-aids (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.
- Care or water (as needed in shelter or where you spend the night).
- Litter and toys.
- Cat litter and box.
- Please, in case pet gets lost.

**Disaster Supply Checklist**

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# ¿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?

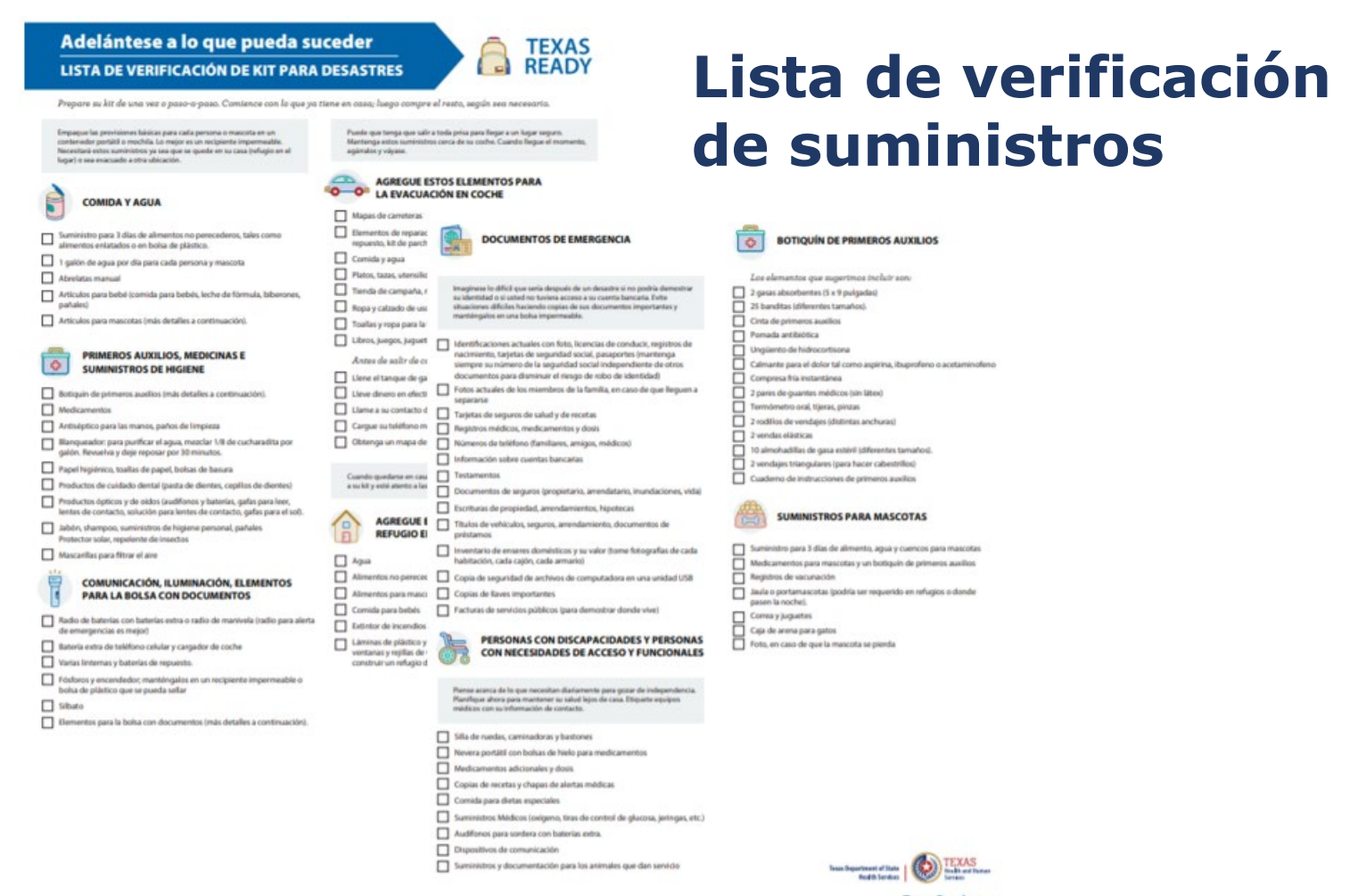
## 2. Haga un plan.

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?
- ¿Qué vamos hacer con las mascotas?
- ¿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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