

**A simple guide** to the nine essential items to help you shelter-in-place in the event of an emergency.

# Plan



## You can do this.

**For more information** about emergency preparedness, contact some of the following organizations:

American Red Cross	<a href="http://redcross.org">redcross.org</a>
Centers for Disease Control	<a href="http://cdc.gov">cdc.gov</a>
Disaster Help	<a href="http://disasterhelp.gov">disasterhelp.gov</a>
Federal Emergency Management Agency	<a href="http://fema.gov">fema.gov</a>
U.S. Department of Homeland Security	<a href="http://ready.gov">ready.gov</a>



**This publication** was supported by Cooperative Agreement Number U50/CCU302718 from the CDC to NACCHO. Its contents are solely the responsibility of the Montgomery County, Maryland, Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.

## 1 Water

Done

**Bottled water.** One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.



## 2 Food

Done

**Nonperishable food.** A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix



## 3 Clothes

Done

**Collect one** change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of inclement weather.



## 5 Flashlight

Done

**Keep a bright flashlight** in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.



## 6 Can Opener

Done

**Make sure it's a manual** can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!



## 7 Radio

Done

**A battery-powered radio** for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.



## 8 Hygiene Items

Done

**Just the basics** like soap, toilet paper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.



## 9 First Aid

Done

**Basics such as** antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



NOTES

---

---

---

---

---

---

---

---