

**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>

# You can do this.



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

# Plan



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# Plan



## 1 Water

**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.



Done

## 2 Food

**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



Done

## 3 Clothes

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

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



Done

## 4 Medications

**Collect three days worth** of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.

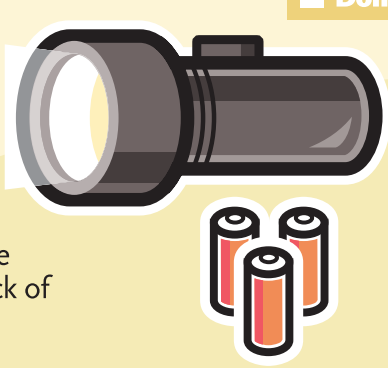


Done

## 5 Flashlight

**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.

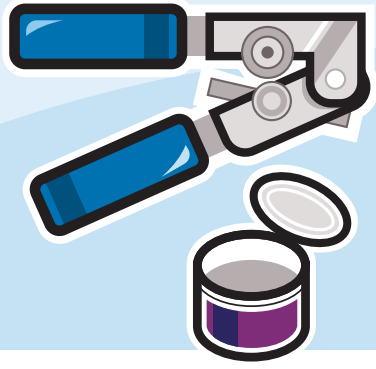


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## 6 Can Opener

**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!

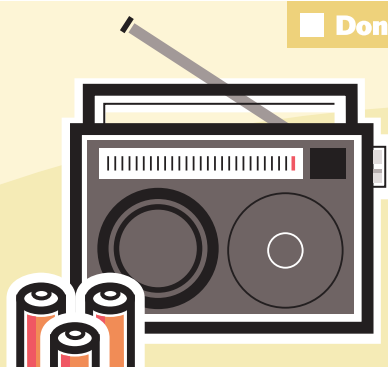


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## 7 Radio

**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.

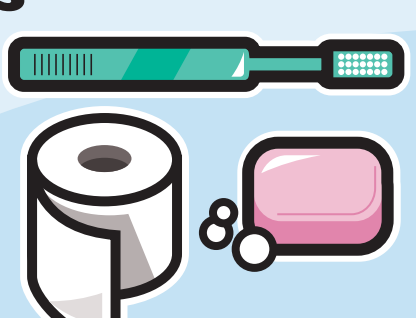


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## 8 Hygiene Items

**Just the basics** like soap, toiletpaper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

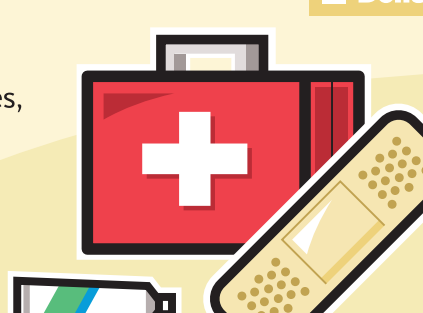


Done

## 9 First Aid

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

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



Done

### NOTES

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