

WEEK 8

First Aid Supplies:

- Scissors
- Thermometer
- Petroleum jelly
- Needles
- Liquid antibacterial hand soap
- 1 Tweezers
- Disposable wipes
- 2 tongue blades

If needed: extra eyeglasses

To Do:

- Place a pair of shoes and a flashlight by your bed so they are handy in an emergency.
- If blind, store a talking clock and one or more extra white canes.
- If blind, mark your disaster supplies in Braille or with fluorescent tape.

WEEK 9

Grocery Store:

- 1 gallon water*
- 1 can fruit*
- Antacid
- Household bleach
- 1 box heavy-duty garbage bags
- 2 cans soup*
- 2 cans vegetables*
- Liquid dish soap

If needed: saline solution and a contact lens case

To Do:

- Agree on a signal with your support network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

WEEK 10

Hardware Store:

- Battery-powered radio
- Wrenches needed to turn off utilities.
- Waterproof portable plastic container for important papers.

To Do:

- With your support network, find the gas and water meter shutoffs of each home. Discuss when it is appropriate to turn these off.
- Attach a wrench next to the cutoff valve of each meter so it will be there when needed.
- Make photocopies of important papers and store safely.

WEEK 11

Grocery Store:

- 1 large can juice*
- Large plastic food bags
- Medicine dropper
- 3 rolls paper towels
- 1 box quick energy snacks

To Do:

Test smoke detectors. Replace the batteries in each detector that does not work. Replace any detector over 10 years old.

WEEK 12

Animal Care Store:

- Extra ID tags, food, harness and leash for your pets.
- Litter/pan

Veterinarian:

- Obtain current vaccinations and medical records of your animals.
- Medications

To Do:

- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra animal harness, leash, and ID tags in your disaster supplies kit.

WEEK 13

Hardware Store:

- Perforated metal tape
- Hammer
- Pliers
- Crow bar
- Whistle
- Screwdriver

To Do:

- Take a first aid/CPR class.
- Strap your water heater to wall studs using perforated metal tape.

WEEK 14

Grocery Store:

- 2 cans fruit*
- 1 can soup*
- 2 cans vegetables*
- Paper plates
- 1 can meat*
- 1 package eating utensils
- Disposable cups

To Do:

- Discuss with network and neighbors what help you may need in an emergency and how best to assist them.
- Practice using alternate methods of evacuation with your network.

WEEK 15

Hardware Store:

- Extra flashlight batteries
- Wood screws
- Extra portable radio batteries
- Labels for your tools and supplies
- Assorted nails

To Do:

- Make arrangements to bolt bookcases and cabinets to wall studs
- Label tools and supplies and attach instruction cards to equipment.

WEEK 16

Grocery Store:

- 2 cans meat*
- 1 box facial tissues
- Dried fruit/nuts
- 1 can fruit*
- 1 box quick energy snacks
- 2 cans soup*
- 1 can vegetables*

To Do:

- Develop a small disaster supplies kit for your vehicle.

WEEK 17

Grocery Store:

- 1 box graham crackers
- Plastic containers with lids
- Dry cereal

First Aid Supplies:

- Anti-diarrheal medicine
- Antiseptic
- Rubbing alcohol
- Syrup of ipecac and activated charcoal

To Do:

Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

WEEK 18

Hardware Store:

- Childproof latches or other fasteners for cupboards
- Plastic bucket with light lid
- Double-sided tape or Velcro to secure moveable objects
- Plastic sheeting

To Do:

- Install latches on cupboards and secure moveable objects
- Put away a blanket or sleeping bag for each household member

WEEK 19

Grocery Store:

- 1 box quick-energy snacks
- Plastic wrap
- Comfort foods
- Aluminum foil

If needed: denture care items

To Do:

- Review insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if necessary.

WEEK 20

Hardware Store:

- Camping or utility knife
- Disposable dust masks
- Work gloves
- 2 blank videocassettes
- Safety goggles

Specialty Store:

Extra batteries for motorized mobility aids if necessary

To Do:

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send it to an out of town friend or family member.
- Find out about your workplace disaster plan.



Disaster Preparedness

A 7-Day Homebound Supply List

Preparation Guide for Emergencies



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Visit our web site:

www.douglascountyhealth.com

Disaster Preparedness

It is important to be prepared for a disaster. To protect yourself and your family in the event of an emergency, the Douglas County Department recommends assembling a "Disaster Preparedness Kit," developing a family emergency plan, and becoming educated about potential emergencies that could take place in your area.

Ideally, each household would have a sufficient Disaster Preparedness Kit to sustain a two week homebound situation. At the very minimum, each household should have enough water, food, and supplies to withstand 72 hours.

The six basic components of a Disaster Preparedness Kit include: water, food, first aid supplies, clothing and bedding materials, tools and emergency supplies, and special personal items.

At least **ONE GALLON OF WATER PER PERSON PER DAY** should be kept on hand. During periods of hot weather, three gallons of water per person per day may be necessary. Water is used for drinking, food preparation, and sanitation purposes. Water should be stored in plastic containers with lids, and stored in a cool, dry place. Ensure that water supplies are changed out every six months.

NON-PERISHABLE FOOD that does not require refrigeration, preparation, or cooking and requires little or no water, are essential parts of the Disaster Preparedness Kit. Canned vegetables, fruit and soup, as well as comfort foods such as cookies and pretzels, can be included in the kit. Ensure manual can openers are available.

FIRST AID KITS should be fully-stocked and available for use during emergencies. Adhesive bandages, gauze, antiseptic, and aspirin or non-aspirin pain relievers are just a few of the items that should be contained in the kit. A similar first aid kit can be assembled and kept in each family vehicle.

A minimum of **ONE COMPLETE CHANGE OF CLOTHING AND FOOTWEAR PER PERSON** should be prepared prior to an emergency. Footwear should be durable enough to withstand a variety of weather conditions. Enough blankets and sleeping bags should be on hand to allow at least one for each family member.

TOOLS AND SUPPLIES such as pliers, screwdrivers, a hammer, wrench (to disconnect utilities), and assorted nails are just a few of the items that should be included in the Disaster Preparedness Kit. In addition, disposable utensils, plates and cups, as well as aluminum foil, matches, gloves, sewing kits, and whistles should also be included.

Copies of important **DOCUMENTS** such as your will, insurance information, passports, social security cards, immunization records, and an inventory of valuable household items should be prepared in advance of an emergency. Paper documents can be stored in waterproof plastic containers with lids

To ensure the safety of **HOUSEHOLD PETS**, maintain a supply of water and food, and identification tags and records for each animal.

Once your Disaster Preparedness Kit has been assembled, develop a family emergency plan. Determine what your family will do in a variety of emergency situations, including where you will gather in the event you are unable to return home. Form a support network of family, neighbors, and friends who can aid each other in emergency situations.

For more information about disaster preparedness, contact:



www.douglascountyhealth.com

Disaster Preparedness Kit Supplies Calendar

This Disaster Preparedness Kit Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble your Disaster Preparedness Kit in small steps over a five month period. Check off items you gather each week. Remember to change and replace perishable supplies, such as food and water, every six months.

The supplies listed in this calendar are enough to sustain a 7-day homebound situation. Increase or decrease the amount of supplies for 72 hour or two week homebound situations.

The original material for this Disaster Preparedness Kit Supplies Calendar was supplied by Chevron Real Estate Company © 1994.

WEEK 1

Grocery Store:

- 2 gallons water*
- Hand-operated can opener
- 1 large can juice*
- 1 jar peanut butter
- 1 can meat*
- Permanent marking pen

If needed: pet food, diapers, and jarred baby food

To Do:

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

WEEK 2

Hardware Store:

- Heavy cotton or hemp rope
- 2 flashlights with batteries
- Matches in waterproof container
- Duct tape

If needed: a leash or carrier for your pet

To Do:

- Complete a personal assessment of your needs and resources in a changed disaster environment. Encourage your neighbors to do the same.

WEEK 3

Grocery Store:

- 2 gallons water*
- 1 can fruit*
- Map of your area
- Aspirin or non-aspirin pain reliever
- 2 cans meat*
- Paper and pencil
- Feminine hygiene supplies
- laxative

If needed: 2 gallons of water for each pet

To Do:

- Be a part of a support network in your area to identify and obtain resources needed to cope effectively with a disaster.

***Purchase one for each member of the family.**

WEEK 4

Hardware Store:

- Patch kit and can of seal-in-air product for the tires of mobility aids
- Signal Flare
- Compass

If needed: extra medications or prescriptions
Mark "emergency use".

To Do:

- Encourage your support network to develop a personal disaster plan.
- Share copies of the following with network: emergency information list, disability-related supplies and special equipment list, medical information, and personal disaster plan.

WEEK 5

Grocery Store

- 2 gallons water*
- 2 cans vegetables*
- Extra toothbrush
- 1 can meat*
- 2 rolls toilet paper*
- Travel size toothpaste

If needed: special food for special diets

To Do:

- Make a floor plan of your home, including primary escape routes.
- Identify safe places to go in case of fire, tornado, and flood.
- Practice a fire drill and tornado drill with your support network.

WEEK 6

First Aid Supplies:

- Sterile adhesive bandages in assorted sizes
- Safety pins
- Sunscreen
- Adhesive tape
- Gauze pads
- Latex gloves
- Roller bandages

If needed: extra hearing aid batteries

To Do:

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

WEEK 7

Grocery Store:

- 1 gallon water*
- 2 cans fruit*
- Disinfectant
- 1 can soup*
- 2 cans meat
- Sewing kit
- 1 can vegetables*

If needed: extra plastic baby bottles, pre-mixed formula (or powder formula with sufficient extra water for mixing), and diapers

To Do:

- Encourage your support network to establish out-of-town contacts to call in case of emergency.
- Share this information with your network.
- Make arrangements for your network to check on each other immediately after an evacuation order or disaster.