



BizEurtle Bulletin

BizeTurtle:Events in Monmouth Newsletter

IN CASE OF EMERGENCY PART
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Greetings!

It's a good idea to have one of these bags in both your car and your home.

IN CASE OF EMERGENCY

Basic Disaster Supplies Kit

The following items are recommended for inclusion in your basic disaster supplies kit:

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat.
- Long pants.
- Long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).

Be sure to account for growing children and other family changes. See [Appendix B](#) for a detailed checklist of disaster supplies. You may want to add some of the items listed to your basic disaster supplies kit depending on the specific needs of your family.

Maintaining Your Disaster Supplies Kit

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

Keep canned foods in a dry place where the temperature is cool.

Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.

Throw out any canned good that becomes swollen, dented, or corroded.

Use foods before they go bad, and replace them with fresh supplies.

Place new items at the back of the storage area and older ones in the front.

Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.

Re-think your needs every year and update your kit as your family needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Don't Forget the Kids

Kids Activity Survival Kit

You may have to leave your house during a disaster and may sleep somewhere else for a while. It's smart to put together your own Kid's Activity Survival Kit so you will have things to do and share with other kids. These can all be stored in a backpack or duffel bag. Just make sure you can carry it easily. Some suggested items for your Activity Survival Kit:

A few of your favorite books

Crayons, pencils or marking pens and plenty of paper

Scissors and glue

Two favorite toys such as a doll or action figure

One or two board games

A deck of cards

A puzzle (One with lots of pieces is good -- it takes a long time to do!)

Small people figures and play vehicles that you can use to play out what is happening during your disaster -- such as ambulance, fire truck, helicopter, dump truck, police car, small boats.

Favorite stuffed animal or puppet

Favorite blanket or pillow

Pictures of the family and pet

A "keep safe" box with a few treasures that make you feel special.

Stay Safe
Sincerely,

BIZETURTLE-EVENTS IN MONMOUTH NEWSLETTER



Lynn Humphrey
BizeTurtle:Events in Monmouth

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