

emergency preparedness

part 2

first aid kit:

- ___DISPOSABLE GLOVES
- ___STERILE DRESSINGS
- ___CLEANSING AGENT/SOAP
- ___ANTIBIOTIC OINTMENT
- ___BURN OINTMENT
- ___BANDAGES & GAUZE
- ___TWEEZERS
- ___EYE WASH SOLUTION
- ___ASPIRIN
- ___LAXATIVE
- ___ANTI DIARRHEA MEDS (PEPTO BISMOL)
- ___HAND SANITIZER
- ___CHAPSTICK
- ___HARD CANDY (JOLLY RANCHERS, BUTTERSCOTCH)
- ___PRESCRIPTION MEDS (MINIMUM 3 DAYS WORTH)

additional supplies:

- ___FLASHLIGHT (PREFERABLY 1 PER PERSON)
- ___EXTRA BATTERIES (STORED SEPARATELY)
- ___RADIO (BATTERY/HAND CRANK)
- ___AREA MAP
- ___EMERGENCY BLANKET(S)
- ___CAN OPENER
- ___EXTRA CELL PHONE CHARGERS (WALL PLUG & CAR)
- ___WHISTLE
- ___DUST MASKS
- ___EXTRA SET OF HOUSE & CAR KEYS
- ___MATCHES & LIGHTERS
- ___CANDLES
- ___UMBRELLAS
- ___RAIN PONCHOS
- ___WORK GLOVES
- ___SCISSORS
- ___MULTI PURPOSE TOOL
- ___WRENCH FOR TURNING OFF UTILITIES
- ___CONTACT INFO SHEET/IMPORTANT PHONE NUMBERS

don't forget:

- ___EVERY ADULT IN HOME SHOULD KNOW HOW TO TURN OFF THE UTILITIES!
- ___HAVE AN OUT OF AREA CONTACT
(LONG DISTANCE PHONE LINES OFTEN WORK BEFORE LOCAL LINES DO)
- ___A PLAN!
- ___CASH (MIN. \$200 IN SMALL BILLS)
- ___SET A PHONE REMINDER TO CHECK YOUR KIT EVERY 6 MONTHS FOR EXPIRED MEDS
- ___ROTATE RX MEDS AS NEEDED

FOR MORE INFORMATION, SEE THE HOME SAFETY WEEK SERIES
AT LIFEREARRANGED
BY VISITING [BITLY/18KWXHH](https://bit.ly/18KWXHH)