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ARE YOU READY?

Assemblyman David G. McDonough wants to inform and empower individuals to take some easy steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks.

Everyone should do three things: obtain an emergency supply kit, create a family emergency plan and be informed about the different types of emergencies that could occur and their appropriate responses.

There are basic supplies that should be kept on hand to survive at least three days in the event of an emergency. Following are the basic items that every emergency supply kit should include. However, it is important this list be reviewed to consider where individuals live and their families' unique needs. Also consider having at least two emergency supply kits: one full kit at home and a smaller, portable kit at work, in your vehicle or other place you regularly visit.



David G. McDonough
Member of Assembly
19th District

BE PREPARED

Plan with an *EMERGENCY SUPPLY LIST* **and** ***Stay Informed***



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A BASIC EMERGENCY SUPPLY KIT:

- Water for drinking and sanitation - one gallon per person, per day, for at least three days
- A minimum three-day supply of nonperishable food
- Battery-powered or hand-crank radio, and a NOAA weather radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First-aid kit
- Whistle to signal for help
- Dust masks to help filter contaminated air, and plastic sheeting and duct tape to seal off the shelter area
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Tools to turn off utilities
- Can opener to open food containers
- Local maps
- _____
- _____
- _____

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Supplementary Emergency Supply Kit Items:

- Prescription medications and eyeglasses
- Infant formula and diapers
- Animal food and extra water for pets
- Important family documents, such as insurance policies, identification and bank accounts, kept in waterproof, portable containers
- Cash or traveler's checks, and coins
- Emergency reference materials, such as a first-aid book
- Sleeping bags or warm blankets for each person
- Complete change of clothing
- Household chlorine bleach and medicine dropper - A solution of nine parts water to one part bleach can be used as a disinfectant. Or treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color-safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kit - paper cups, plates, plastic utensils, paper towels
- Paper and pencil/pen
- Books, games, puzzles or other activities for children
- _____
- _____

*** Information contained in this brochure has been obtained from the U.S. Department of Homeland Security brochure "Emergency Supply List"**