

# Keeping you Safe and Prepared Before an Emergency or Natural Disaster

Could you gather what you need and be ready to leave your home in 10 minutes? How prepared are you and your family for a Fire? Wind Storm? Chemical Spill? Pandemic Influenza? Helping you Plan and Prepare before an incident or emergency. The attached list will give you some wonderful ideas.

Compliments of the Cook County Emergency Preparedness Committee. Questions: Call Cook County Public Health and Human Services 387-3620 or Cook County Emergency Manager 387-3059

## A shopping list for your custom emergency kit

Choose items to meet *your* individual needs

codeReady

Get prepared.

### Food and Water

- At least 3 gallons of water for everyone in your household (enough for 3 days)
- Enough non-perishable food to last at least 3 days

### First Aid Supplies

- Thermometer
- Pain reliever/fever reducer
- Antacids
- Laxatives
- Anti-diarrhea medication
- First aid manual
- Adhesive bandages
- Large sterile dressings
- Sterile gauze
- Triangular bandage
- Disposable gloves
- Surgical masks
- Cold pack
- Asthma Medication
- Adhesive tape
- Antiseptic ointment
- Eye wash solution
- CPR breathing barrier
- Scissors
- Tweezers
- Thermal emergency blanket
- Pre-mixed electrolyte solution

- Oral rehydration solution
- Sewing needle
- Activated charcoal
- Safety pins
- Tube of petroleum jelly

### Clean Air and Warmth

- Dust masks
- Duct tape
- Plastic sheeting (heavy duty)
- Scissors
- Complete change of clothes
- Jacket or coat
- Sturdy shoes/boots
- Rain gear
- Hat and gloves
- Extra socks & underwear
- Thermal underwear
- Blankets/sleeping bags

### Cooking Items

- Manual can opener
- All-purpose knife
- Mess kits or paper products
- Resealable plastic bags
- Aluminum foil
- Plastic wrap
- Towels and paper towels
- Small cooking stove with fuel
- Water treatment system

- Pots and pans
- Ice cooler/ice chest
- Dish Soap

### Tools & Hardware

- Portable radio with batteries
- NOAA weather radio
- Flashlight with extra batteries
- Matches in a waterproof container
- Lantern
- Candles
- Light sticks
- Pocket knife
- Wrench to shut off gas and water
- Pliers
- Screwdrivers
- Shovel
- Signal flare
- Rope/string
- Whistle
- Fire extinguisher (ABC type)
- Tube tent
- Compass
- Work gloves
- Paper, pens, pencils
- Needle and thread
- Travel alarm clock

### Personal Care & Sanitation

- Toothbrush and toothpaste

- Shampoo/conditioner/comb/brush
- Sunscreen/lip balm
- Sunglasses
- Insect repellent
- Lotions/creams
- Deodorants
- Razor, shaving cream
- Feminine supplies
- Towelettes
- Hand sanitizer
- Disinfectant/bleach
- Toilet paper in waterproof container
- Plastic garbage bags
- Bar soap
- Medium-sized bucket/lid
- Tissues
- Pillow
- Towel
- Books & Toys for children
- Cash (about \$20, including quarters)
- Other personal items as necessary

### For Infants

- Diapers
- Pacifier
- Bottles
- Medications
- Baby wipes
- Diaper rash ointment

### For Adults

- Prescription medicines (at least a one-week supply)
- Supplies for personal needs -- eyeglasses, dentures, contact lenses, hearing aids, wheelchair, oxygen

### For Seniors

- List of serial numbers, operating information and instructions for medical devices and equipment
- Extra pair of glasses and hearing aid batteries
- Copies of medicinal insurance and Medicare cards

### For Disabled Persons

- Medical alert tags that identify disability
- Special equipment (such as wheelchair batteries)

### For Pets

- Water
- Food
- Leash
- Pet carrier
- Food and water dishes
- Comforting toys or treats
- Litter pan and litter
- Medications and medical records