

DISASTER KITS

There are many sites that have already lists for disasters, such as Ready.gov, and others that are listed in “Further Reading” at the end. A disaster kit will have one gallon of water per person per day, for a minimum of 3 days but ideally 2 weeks, for drinking and sanitation. It will have a similar supply of non-perishable food, battery-powered or hand-crank radio, flashlight and extra batteries, a first aid kit, a whistle to signal for help, a dust mask to filter contaminated air, moist towels, a pail and garbage bags with plastic ties for personal sanitation, plastic sheeting and duct tape, a wrench or pliers to turn off utilities, a can opener, cell phones with chargers, medications, and food and water for your pet. There are other items, but that's a good start (CDPH, 2011).

Things to Keep in Mind for Those with Special Needs

Make sure you have all the supplies that a baby or child will need. Remember to include formula, diapers, bottles, medications and diaper rash ointment.

Seniors and people with disabilities should include extra eyeglasses, hearing aid and/or wheelchair batteries, oxygen tanks, or other special equipment in their disaster kits. Also include a list of style and serial numbers of medical devices such as pacemakers. Make sure that others know how to operate equipment such as wheelchairs.

People with disabilities should create a support network to help them in an emergency. Make sure someone knows where your disaster supplies are and can get into your house or apartment in an emergency (CDPH, 2011).