

3. PACK A SUITCASE

Each family member should have their own suitcase (backpack or stuff-sack) packed. Store your emergency suitcase in a convenient place (such as in the closet).

Check box when added to your suitcase:

- Battery-powered or hand crank radio, a Weather Radio, and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Five day supply of medications and pills. Change pills in pill carrier every two weeks.
- Eyeglasses, hearing aids, and hearing aid batteries
- Garbage bags and plastic ties for personal sanitation
- Wheelchair batteries, oxygen, and extras
- Dust mask to help filter polluted air
- Wrench or pliers to turn off utilities
- Blankets and/or sleeping bag
- One complete change of clothing



(Keep these documents in a waterproof container or zipped plastic bag):

- A list of your prescriptions and dosage or treatment information
- Copies of medical insurance, Medicare, and Medicaid cards
- Family records, wills, power of attorney papers, and deeds
- Social security numbers, credit card and bank information, and tax records
- Names and numbers of everyone in your personal support network including medical providers
- Cash or travelers checks
- Local maps



For more information, go to www.panflusouthidaho.org

PREPARING MAKES SENSE FOR OLDER AMERICANS

BE READY FOR AN EMERGENCY



**South Central
Public Health District**

Prevent. Promote. Protect.

1. MAKE A PLAN

Develop a Family Communication Plan

Your family may not be together in an emergency, so plan how you will contact one another. Plan for each family member to contact the same friend or relative in an emergency.

- Make a list of people who help you on a daily basis and how to get in touch with them.
- Find others who will help you in an emergency.
- Think about how you will get around (car, pickup) and what could serve as back-ups.
- Make a plan, write it down, and keep a copy in your supply suitcase.
- Keep a list of phone numbers of friends and family in your wallet.
- Share your plan with your family, friends, doctor, and others in your personal support network.

2. MAKE A KIT

You should keep an emergency 3 day supply of water and food in your home.

Prepare for emergencies by gathering items and making a supply kit. You can use many of the canned foods on your cupboard shelves. Familiar foods are important. They can lift morale and give a feeling of security in time of stress. Use this checklist to think about what you need to keep you well fed without the use of electricity and using little or no water.

Check box when added to your kit:

Water:

- Three gallons of water per person, per day, for drinking and sanitation



Food:

Select foods that require little or no water and no refrigeration, preparation, or cooking. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Include a selection of the following:

- Ready to eat canned meats, fruits, and vegetables
- Protein and/or granola bars
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk and/or powdered milk stored in glass jars or in a box
- Comfort foods: hard candy, sweetened cereals, cookies, instant coffee, tea bags
- Manual can opener, eating utensils (plate, fork, spoon, and drinking cup), and moist towelettes or hand washing gel
- Plastic storage containers and/or aluminum foil



Consider Your Pets

If your pet is on medication or a special diet, find out from your veterinarian what you should do in case you have to leave it alone for several days.

- Get an extra supply of medications
- Include an identification tag that has your name, address, and phone number
- Keep a copy of vaccination records
- Extra food and water
- Pet carrier
- Collar and leash



If you have to leave town, take your pets with you. Pets are unlikely to survive on their own.