

In the event of a disaster or other emergency, natural or man-made, the resources we frequently depend upon might not be readily available to us.

As an individual, a family member, and member of your community, it is essential that you take a few basic steps to be prepared; the quality of your life and your loved ones may depend on it.

Being prepared takes 4 simple steps

1 Develop an Emergency Plan

Emergencies may strike anywhere. Develop a plan at home. Also learn about plans at your workplace, or anywhere else you and your family may spend time. Be sure to include emergency contact information for friends and family members, both local and out of town.

2 Build a Kit

Often during an emergency, electricity, heat, air conditioning or telephone service may not work. Be prepared to make it on your own for at least 7-10 days, maybe longer. Learn what emergency tools and supplies you should stock up on.

3 Be Aware

Sign up for NY-ALERT at nyalert.gov to receive emergency notifications. Also, know what other resources can provide you with up-to-date information during an emergency. Pay attention to the news and know your surroundings.

4 Get Involved

Be generous and donate some of your time. Learn what types of programs for volunteers exist within your community.

for more information, visit prepare.ny.gov

Other Crucial Items

Considerations:

- Infant / baby needs
- Considerations for those with disabilities or special needs
- Considerations for pets, to include evacuation and sheltering

Medical Considerations:

- Health Information Card
- Medications, Prescriptions
- Medical Documents
- Hearing Aid Batteries
- Ensure Walkers, oxygen tanks and other emergency supplies are accessible

Important Documents:

- Social Security Card
- Immunization Records
- Cash and Bank Account Information
- Safe Deposit Information
- Credit Card Account Information, including 800 numbers
- Inventory of Valuable Household Goods

Duplicate Copies of:

- Insurance Policies
- Wills, Family Records
- Passports
- Deeds
- Stocks/Bond Certificates
- Phone Numbers & Emails

Emergency Supplies Checklist for Survival Kit

Build a Kit: Every member of your family should have an individualized Emergency Survival Kit. The emergency survival kit should be robust and contain enough food, water, medications, and other consumables to last 7 - 10 days. The following items should be included in your emergency supplies kit:

- Backpack to be used for evacuation
- 4" x 4" Gauze
- 5" x 9" Trauma Gauze
- Ace Bandage
- Roll of Medical Tape
- Antiseptic Wipes
- Bottle of Saline
- Medical Gloves
- Assorted Band-aids
- Whistle
- Work Gloves
- Eye Goggles
- Emergency Blanket
- Extra Batteries
- Dust Mask
- Sanitation Wipes
- Manual Can Opener
- Flashlight - including batteries
- Multi-Tool with Pliers
- Crank-Operated Emergency Radio
- Reflective Vest
- Sleeping Bag

Please **add to your kit every week** and begin to build a kit for each member of your family. Be sure to incorporate every family member's individual needs and address them in their personalized kit. Be sure to add an entertainment item in your kit like a deck of cards or a paperback book. Most importantly, ensure that you rotate your sustainment items on annual basis.

Part 1. Sustainment

- 7-10 Day Supply of Non-perishable Food
- Water Purification Tablets
- 7-10 Day Supply of Water (one gallon water per person, per day)
- Collapsible Water Container
- Ready-to-Eat Canned Foods
- Candy
- Eating Utensils
- Energy Bars

Part 2. Hygiene

- Toothpaste & Toothbrush
- Feminine Hygiene Products
- Hand Sanitizer
- Garbage Bags
- Resealable Plastic Bags (Quart Size)
- Medication (10-Day Supply)
- Toilet Paper
- Towels
- Travel Soap, Shampoo, Deodorant
- Change of Clothing

Part 3. Tools

- LED Lantern - including batteries
- Glow Sticks
- Duct Tape
- Local Maps
- Waterproof Matches
- Paper and Pencil
- Permanent Marker
- Cell Phone Charger
- Document Holder

