

Home Emergency Supply Kit Recommendations

When preparing a home Emergency Supply Kit, it is best to first think about the basics of survival: fresh water, food, clean air and warmth. Secondly, think about the climate and the hazards present for the area in which you live, these may have an impact on the items you include.

Sheltering-in-place is a protective action taken to protect you from external hazards, minimize your chance of injury, and/or provide time to allow preparations for a safe evacuation. Using media sources, local officials will ask you to stay home for a period of time; other warning methods, such as sirens or telephone calls may also be used.

The Basics

- ◆ **Water** - one gallon of water per person per day for at least three days
- ◆ **Food** - at least a three day supply of non-perishable food including canned foods, high energy foods, and comfort foods
- ◆ **Radio** - hand crank or battery powered, extra batteries if needed; consider a NOAA Weather Radio that has tone alerts
- ◆ **Flashlight** - hand crank, shake or battery powered, extra batteries if needed
- ◆ **First Aid Kit**
- ◆ **Whistle**
- ◆ **Dust Mask, Plastic Sheeting, Duct Tape** - to help filter contaminated air and to shelter-in-place
- ◆ **Moist Towelettes, Garbage Bags and Ties** - for sanitation
- ◆ **Wrench or Pliers** - to turn off utilities
- ◆ **Can Opener** - for food if kit contains canned food
- ◆ **Local Maps**
- ◆ **Phone numbers** - utilities, doctors, out of town contacts and family members



Other Items to Consider

- ◆ Vitamins, aspirin, antacid, anti-diarrhea medication
- ◆ Prescription medications
- ◆ Eyeglasses, contacts, contact solution
- ◆ Infant formula and diapers
- ◆ Pet food and water for pet
- ◆ Important family documents and records kept in a waterproof container
- ◆ Emergency reference material, such as a first aid book
- ◆ Complete change of clothing for each member in household
- ◆ Matches in waterproof container
- ◆ Feminine supplies and personal hygiene items
- ◆ Mess kits, paper cups, plates and plastic utensils, paper towels
- ◆ Paper, pens, pencils, markers, books, games



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“Go-Bag” Emergency Supply Kit Recommendations

If you need to leave your home, having a “Go-Bag” in an accessible location ensures that you can leave quickly. Keep a “Go-Bag” at home, work and in your car.

- ◆ Each member of your household should have their own “Go-Bag”
- ◆ Bags should be sturdy and easy to carry
- ◆ Update your bag every six months, making changes to contents as necessary

When a community **evacuation** is necessary, local officials will instruct you to leave your home through the media. Sometimes other warning methods, such as sirens or telephone calls, may be used. There may be circumstances under which you and your family feel endangered and you need to evacuate. The amount of time you have to leave will depend on the hazard, which is why planning ahead is essential.

“Go-Bag” Contents

- ◆ Bottled Water (small amount)
- ◆ Portable non-perishable food (energy bars)
- ◆ Flashlight, batteries
- ◆ AM/FM Radio, batteries
- ◆ Pocketknife or multi use tool
- ◆ Whistle
- ◆ Extra house and car keys
- ◆ Blanket
- ◆ Change of clothes
- ◆ Rain poncho, hat, comfortable shoes
- ◆ Your family emergency plan, recent family photos, and other important documents in a waterproof container
- ◆ Cash
- ◆ Small first aid kit
- ◆ Permanent marker
- ◆ Paper, pens, tape in case you need to leave a message somewhere
- ◆ Pre paid phone cards
- ◆ Dust mask
- ◆ Plastic garbage bags, toilet paper
- ◆ Personal Hygiene products: toothbrush and paste, soap, feminine products



Remember to personalize each “Go-Bag” to it’s user– taking special considerations for children, seniors, those with special needs and your pets!



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