

“Shelter-In-Place” Emergency Supply Kit Recommendations

When preparing a “**Shelter-In-Place**” **Emergency Supply Kit**, it is best to first think about the basics of survival: fresh water, food, clean air and warmth. Second, consider the climate and hazards present for the area, as well as the needs of the people in your household. These factors may have an impact on the items you choose to include in your kit. Emergency supply kit items should be updated and rotated regularly.

Sheltering-in-place is a protective action taken to safeguard you from external hazards, minimize your chance of injury, and/or provide time to allow preparations for a safe evacuation. Officials will use convention and social media sources ask you to stay home for a period of time; 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, ready-to-eat food including canned, high energy, 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** - to signal for help
- ◆ **Dust mask, plastic sheeting, duct tape** - to help filter contaminated air, shelter-in-place
- ◆ **Moist towelettes, garbage bags/ties, bleach** - for sanitation
- ◆ **Wrench or pliers** - to turn off utilities
- ◆ **Can opener** - necessary if the food in your kit contains canned goods
- ◆ **Emergency plan** - a copy of your family emergency plan



Other Items to Consider

- ◆ Medications - including prescriptions, vitamins, aspirin, antacids, anti-diarrheals
- ◆ Eyeglasses, contacts, contact solution
- ◆ Infant formula and diapers
- ◆ Pet supplies
- ◆ Important family documents and records, kept in a waterproof container
- ◆ Emergency reference material, such as a first aid book
- ◆ Matches in a waterproof container
- ◆ Personal hygiene items including feminine supplies
- ◆ Mess kits, paper cups, plates and plastic utensils, paper towels
- ◆ Paper, pens, pencils, markers, books, games



MCDH

McHenry County Department of Health

“Go-Bag” Evacuation Emergency Supply Kit Recommendations

A “Go-Bag” Evacuation Emergency Supply Kit contains some basic supplies, if you need to evacuate your home quickly. Go-bags should be portable and kept in an easily accessible location. Consider creating a go-bag for home and work.

- ◆ Each member of your household should have their own, **customized** go-bag. Remember to include items for children, pets and other specific needs.
- ◆ 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, officials will instruct you to leave your home through conventional and social media sources; other warning methods, such as sirens or telephone calls, may also be used. The amount of time you have to leave will depend on the hazard, which is why planning ahead is essential!

Items to Consider

- ◆ Your family emergency plan, recent family photos, and copies of other important documents in a waterproof container
- ◆ Medications - including prescriptions, vitamins, aspirin, antacids, anti-diarrheals
- ◆ Eyeglasses, contacts, contact solution
- ◆ Change of clothes - including rain poncho, hat, comfortable shoes
- ◆ Personal hygiene items - toothbrush, toothpaste, soap, feminine products, etc.
- ◆ Cash - a small amount in case ATMs and banks are not accessible
- ◆ Extra house and car keys
- ◆ Bottled water and non-perishable food - a small, portable amount
- ◆ Items for infants, children, pets or those with specific needs
- ◆ Local maps
- ◆ Whistle
- ◆ Flashlight and batteries, if needed
- ◆ Multi-use tool or pocketknife
- ◆ Small first aid kit
- ◆ Paper, pens, tape, permanent marker - in case you need to leave a message somewhere
- ◆ Pre-paid phone cards
- ◆ Dust mask
- ◆ Radio - hand crank or battery powered (extra batteries if needed)
- ◆ Cell phone charger

