

Prepare your Emergency Kit

Your kit should include:

- Water for drinking and preparing food (one gallon per person per day)



- Flashlight with extra batteries (at least two extra batteries)



- Battery powered radio and batteries.



- Telephone to be connected to jack on the wall. Phones without a direct connection will not work without electricity and cellphones can be unreliable during disasters.



- Canned food for four to seven days that require little to no heating up. Include baby food or formula if necessary.



- A first aid kit with band-aids, gauze, tape, antibacterial ointment, diarrhea medicine, pain medication, antacids, tweezers, scissors, soap and alcohol.



- Personal hygiene products



- Manual can opener



- Paper plates, plastic utensils, plastic bags, plastic trash bags, Tupperware and foil paper.



- Two ice coolers –one for food y and one for ice.



- Bleach to disinfect the water, cleaning products and detergents.



- Mosquito repellent and sun block for each member of the family.



- Fuel for cooking without electricity such as charcoal, propane gas and matchsticks.



- Prescription medicine for two weeks. Verify with your pharmacy the medicine's expiration date.

