

Emergency Preparedness Tips

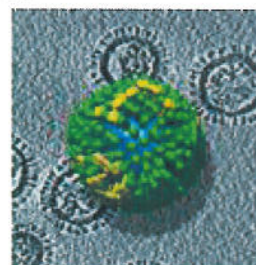
Johnson County



The Basics

An emergency or disaster can happen at any time. Do you have a plan in place which would help you keep in touch with your family and friends? What about some of the basic essentials like food, water, electricity or even telephones? Local officials and relief

workers will be on the scene quickly, but they can not reach everyone immediately. The best option is to prepare for an emergency ahead of time. Follow the steps listed in this handout to help create a plan.



Create a Plan

Your plan should answer some of these questions:

- ✦ Do you have a disaster kit?
- ✦ What would you do if your family were separated?
- ✦ What will you do if there is no water for several days?
- ✦ What equipment do you have that runs on electricity and how will you operate it if the electricity is disrupted?
- ✦ Who will get groceries, medication, and medical supplies?
- ✦ How will this be accomplished if the roads are blocked because of the disaster?
- ✦ Do you have fire extinguishers, and know how to use them?
- ✦ What is the floor plan of your house?
- ✦ Do you have a household evacuation plan?
- ✦ Do you know how to disconnect utilities?
- ✦ Do you have pets? Don't forget about their needs.
- ✦ What do I need in an emergency kit?

To prepare a family/personal preparedness plan online, please go to www.preparemetrokc.org

Wondering how to create your kit?

Buy a little at a time. Use your stimulus package money.

Turn over for suggested items for an emergency kit.

Supply Checklist

Food items	Personal Hygiene
Chicken or beef bouillon cubes	Tooth brush and paste
Cooking oil	Dental floss
Peanut butter	Hand sanitizer
Dried milk	Bar soap
Dry cereal	Shampoo & conditioner
Jelly	Brush/comb
Lots of crackers (these will replace bread)	
Long-cooking oatmeal	Miscellaneous
Refried beans	Large trash bags
Canned tomatoes	Liquid detergent
Beef ravioli	Toilet paper
Corned beef hash (can eat if no heat source)	Paper towels
Beef stew	Bleach
Tuna	Small tool kit
Soup	Camp stove/BBQ & fuel
Canned fruit	Aluminum foil
Canned veggies	Radio & batteries
Canned mixed nuts	Flashlight & batteries
Dried fruit	
Hard candy	Paper plates
Coffee	Plastic cups and silverware
Tea	Can opener
Hot chocolate	Thermometer
Juice boxes	
1 gallon of water per person/day	Plastic tote to put all stuff in
Pet food	

Documents to include in kit

Keep originals of legal documents in an off-site safe deposit box

Birth Certificate
 Marriage Certificate
 Social Security Cards
 Military Discharge paperwork
 Previous years tax returns
 Life insurance policies

Naturalization documents
 Attorney's contact information
 Health insurance ID cards
 Real Estate deeds of trust
 Last will and testament
 Passport



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