

Tools and supplies



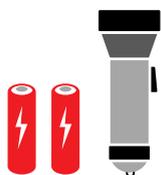
Paper plates, plastic cups and utensils



First-aid kit



Battery-operated radio



Flashlight and batteries



Money



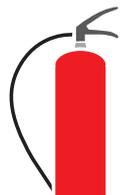
Can opener



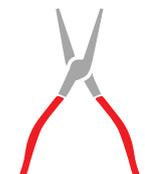
Utility knife



Cans of sterno



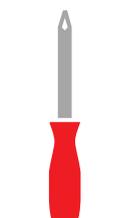
Fire extinguisher



Pliers



Shovel



Screwdriver



Hammer



Duct tape



Compass



Whistle



Plastic storage containers



Emergency flares



Pencil and paper

Food



Ready-to-eat canned meats, fruits, vegetables and juices



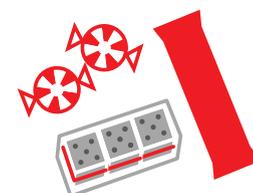
Staples, salt, sugar and spices



Vitamins



Baby food



Comfort foods such as candy and crackers

Here's what you should buy for your home before disaster strikes

Seventy-two hours. That's how long officials said it may take before help begins to arrive if a widespread disaster were to strike San Diego County.

For storage, use a portable container such as a large, covered trash receptacle or a duffel bag. If you store your liquids at the bottom of your container, you'll reduce the chance of damage from leaking plastic bottles.

Consult your physician or pharmacist about the storage of prescription medications and keep a smaller version of your kit in your car. Remember to reconsider your emergency needs yearly and to change your food and water supplies every six months.

The following list incorporates many recommendations for a three-day stock of essential home supplies from "Preparing for Disaster," by the American Red Cross, the Department of Homeland Security and the Federal Emergency Management Agency. Additional items were suggested by the San Diego County Office of Emergency Services.

Sanitation



Wipes



Masks



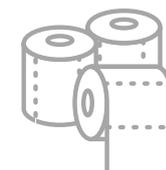
Gloves



Plastic bucket with tight lid



Bleach



Toilet paper



Disinfectant



Feminine supplies



Hand sanitizer



Personal hygiene products



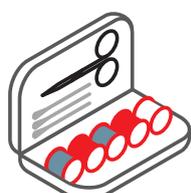
Soap



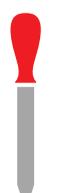
Plastic garbage bags and ties



Detergent



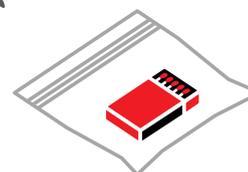
Sewing kit



Medicine dropper



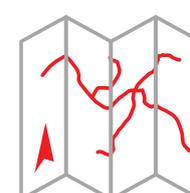
Shut-off wrench for gas and water



Matches in a waterproof container



Plastic sheeting



Map of your area to locate shelters



Spare charger

For your car

The local chapter of the American Red Cross sells various disaster-preparedness products, including 72-hour emergency kits, first-aid kits, training kits for CPR and other procedures, “sandless sandbags” for flood prevention and specialized lighting for power blackouts.

For more information, go to redcrossstore.org.



Check supplies every 6 months

Now that you’ve prepared yourself and your family for an emergency, the work isn’t over. Make sure you rehearse your family plan regularly and maintain a rotation schedule for food and water from your disaster kit.

The Red Cross gives these guidelines for storing water and some common foods:

Use within six months

- Powdered milk that’s boxed
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes
- Water

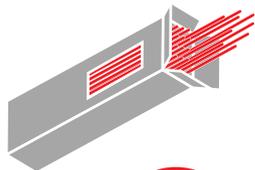
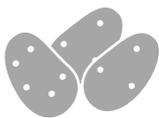
Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Use within one year

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter, jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely (in proper containers and conditions)

- Vegetable oils
- Dried corn
- Baking powder
- Various dried beans
- Instant drinks
- Salt
- Noncarbonated drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk in nitrogen-packed cans



More essentials to have on hand

Nonprescription drugs

- Pain reliever (such as ibuprofen, acetaminophen, naproxen sodium)
- Anti-diarrhea medication
- Antacid
- Laxative

Pet supplies

- Food and water for three days
- Leash

Special items

For babies

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications



For adults

- Heart and blood-pressure medications
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra pair of eyeglasses

Entertainment

- Games, books, deck of cards

Clothing and bedding

- A change of clothing and footwear for each person
- Sturdy shoes and workboots
- Rain gear
- Blankets or sleeping bags
- Hat and heavy gloves
- Thermal underwear
- Sunglasses



Valuable documents

- The Insurance Information Network of California recommends creating a “grab and go” box to store essential records, such as mortgage documents, birth certificates, passports, Social Security cards and insurance policy papers.
- Use a waterproof container large enough for file folders.
- As back-up measures, put copies of all important documents in a safety deposit box outside of your home. Also copy those documents onto a disk or flash drive.
- Emergency-response experts suggest photographing your home inventory and packing important phone numbers.
- Foreign nationals may want to pack documents that prove their identity.



Water sources, storage and treatment

A major earthquake could make water unsafe for drinking, bathing or washing clothes. And floods can contaminate drinking water wells.

The Federal Emergency Management Agency, or FEMA, offers the following tips to make sure that you end up using water that is safe to drink:

- Do not use water you suspect is contaminated. Contaminated water can lead to illness.
- Do not use suspected or contaminated water to wash dishes, brush your teeth, wash and prepare food, make ice, or make baby formula.
- Do not use water from the following: radiators; hot water boilers (part of your home heating system); water beds (fungicides added to the water and/or chemicals in the vinyl may make water unsafe for use).
- Do not try to boil or disinfect water contaminated with fuel or toxic chemicals. If you suspect your water has fuel or chemical contamination, contact your local health department for specific advice.
- Do not drink alcohol, as it dehydrates the body, which increases the need for drinking water.

Make your water safe by:

Store water in plastic containers such as soft drink bottles. Avoid containers that will break. Set aside at least 1 gallon of water per person per day and keep no less than a three-day supply.

A normally active person must drink at least 2 quarts of water daily. Warm climates and intense activity can double that amount. Children, nursing mothers and sick people need more.

In an emergency, mandatory water rationing and conservation may be imposed. Some officials discourage filling bathtubs and receptacles with available water because hoarding may make the problem worse for all. If water service fails, you may have more water on hand than you think. After purification, you can use supplies from water heaters, toilet tanks and from melted ice in the freezer.

To purify water: Purify water before using, not before storing.

First: Strain it through a clean cloth to remove any floating matter.

Second: Use unscented liquid household chlorine bleach (with 5.25 percent sodium hypochlorite solution) and no other active ingredients at these strengths:

- For clear water, 2 drops per quart, half-teaspoon per 5 gallons.
- For cloudy water, 4 drops per quart, 1 teaspoon per 5 gallons.

Third: Mix the solution thoroughly and let stand for 30 minutes. If a slight chlorine odor is not detectable, repeat the dosage and let stand for 15 minutes more. As an alternative, water may be purified by bringing it to a rapid boil for 3 to 5 minutes.