

# MAKE AN EMERGENCY PREPAREDNESS KIT

Grand County Public Health urges everyone to be prepared for any health emergency or disaster, like severe flu, wildfire or snowstorm. Knowing what to do and how to do it can help your family manage disasters with less worry, fear and uncertainty. If disaster strikes, you might not have access to food, water, or electricity for some time. Keep enough supplies in your home to survive on your own for at least three days.

## Emergency supplies...

### Water

Store one gallon per person per day for at least three days, and extra for pets. Change your stored water every six months.

### Food

Store non-perishable, ready-to-eat foods (enough for at least three days) and manual can opener. Include goods for infants and family members with special diets.

### Medications

Acetaminophen, such as Tylenol, and ibuprofen, such as Advil or Motrin are useful for bringing down a fever and reducing aches and pains. Remember to keep a supply of your prescription medication. Keep a list of medications each member of your household takes, their dosages or copies of all your prescription slips, and your doctor's name and phone number.

### Tissues and trash bags

Garbage service could be disrupted or postponed. Keep garbage bags on hand to store used tissues safely.

### Cash and Financial Documents

In an emergency, it may be important for you and your family to have access to cash in case you can't get to the bank. Keep copies of important documents (insurance cards, photo IDs, proof of address) in a waterproof, portable container like a zip lock bag.

## EMERGENCY KIT

### Other supplies

**Flashlight:** Hand crank model preferred or have extra batteries

**Radio:** Hand crank model preferred or have extra batteries

**Water Treatment:** Iodine tablets or unscented chlorine bleach and an eyedropper

**Phone:** Wireless phone, fully charged

**Emergency Reference Card:** List of local, out-of-state, family and emergency contact information

**Personal items:** Soap, feminine products, toothbrush, toothpaste, etc.

**Whistle:** Signal for family and rescuers

**First Aid Kit:** Treat minor family injuries

**Keys:** An extra set for home & car

**Waterless hand cleaner**

**Clothing:** Extra seasonal clothes for changing weather

**Tools:** Wrench or pliers to turn off utilities

**Matches:** In waterproof container

**Mess Kits:** A set of compact cooking and eating utensils for preparing meals

**Paper and Pencil:** To take down important information

**Fire Extinguisher:** For added protection against fire

Tarp, Tent, Poncho: In case of rain

### Stay Informed

Pick up a free Preparedness Guide at Grand County Public Health, 150 Moffat Ave., Hot Sulphur Springs, CO or EMS, 81 W. Agate Ave, Granby, CO

See [co.grand.co.us/publichealth.html](http://co.grand.co.us/publichealth.html) for more information, or call 970-725-3288.

