



FIRES



EARTHQUAKES



WINDSTORMS



FLOODS

Household Emergency Kit

Stay Informed at
BestoftheSouthBay.com

WATER

- Store one gallon of water per person (or pet) per day
- Store water in clean plastic containers
- Avoid using containers that may break, such as glass bottles

FOOD

- Choose canned or packaged foods that don't require refrigeration or cooking

Examples include:

- Ready-to-eat canned meats, beans, tuna fish, fruits and vegetables
- Canned juices, milk and soup
- High energy foods, such as peanut butter, granola bars and trail mix

Remember to include:

- Foods that you and your family like
- Special food for infants or persons with dietary restrictions
- Pet food

FIRST AID KIT

- Buy or put together a first aid kit for your home and one for each car containing:
- Sterile gauze and adhesive bandages in assorted sizes
- Hypoallergenic adhesive tape
- Tweezers
- Scissors
- Antibacterial cream
- Protective Gloves
- Cleansing agent/soap
- Sunscreen

MEDICATIONS

- Prescription medications you and your family use daily (Have at least a 7 day supply of each one)
- Non-prescription medications you and your family use regularly

TOOLS AND SUPPLIES

- Solar, manual or battery operated radio and extra batteries
- Flashlights and extra batteries
- Manual can opener
- Fire extinguisher
- Whistle
- Work Gloves
- Tools to turn off gas and water
- Personal hygiene items, such as toilet paper, toothbrushes, toothpaste and soap
- Extra clothing and sturdy shoes

RECORDS

- Store important records and documents in a waterproof, portable container

Examples include:

- Personal identification, financial, health and insurance information and other important documents
- Inventory of valuable household items
- Family records
- Cash in small bills

Also Visit Our Friends at
COPE-Preparedness.org

