

## **Emergency Kits (continued)**

### **For children:**

- ⇒ Baby supplies (baby bottles, milk, baby food, diapers)
- ⇒ Games and activities for older children.

### **For pets:**

- ⇒ Food and water: 1 gallon (4 liters) of water will last about 3 days and food, bowls or bottles.
- ⇒ Cleaning products: sandbox, sand, sandbags, paper towels, plastic garbage bags, toiletries, household bleach.
- ⇒ Health and safety: medications and first aid kit for pets.
- ⇒ Transportation supplies: Resistant strap, harness, pet carrier (the carrier must be large enough so that the animal can stand, roll over and lie down because the animal may spend many hours in it).
- ⇒ Comfort items: pet toys, bed, and treats.
- ⇒ Paperwork: Vaccination records, proof of ownership, information on feeding times, medical conditions, behavioral problems, and the name and telephone number of the veterinarian in case of an emergency.

## **Packing and Marking your emergency kit**

### **Have an emergency kit for each person in the family!**

- ⇒ Personalize the kit for each person.
- ⇒ Make sure you can use the kit.
- ⇒ Pack items in easy-to-carry containers.
- ⇒ Label the containers clearly and store them where you can easily reach them.
- ⇒ Remember to store items such as medications and documents in waterproof containers.
- ⇒ Update the kit. Check items that expire (food, water, medicines, batteries at least twice a year and replace items that have expired).

### ***Be Informed ~ Stay Informed***

*It is important that you and your family be prepared for ANY emergency. This means understanding all the possible emergencies in your local area. Sign up to receive text message alerts, listen to emergency sirens and announcements from the media's emergency alert system. Obtain a battery-operated radio and always keep extra batteries. Replace them every 6 months or with the "Forward" and "Backward" time changes.*

*An **Emergency Alert Watch** in advance means that conditions are favorable for dangerous events.*

*A **WARNING** requires **IMMEDIATE action** and is only used when serious events are about to occur.*

**Virginia  
Poison Center**

[www.poison.vcu.edu](http://www.poison.vcu.edu)

***Emergency  
Preparation &  
Planning***

**Add the Poison Help  
line to your  
emergency phone list!**

**POISON  
HELP**  **1-800-222-1222**

## Prepare for Disasters

It is important to have an emergency plan for your family before an emergency occurs. Know the types of emergencies that are likely in your area.

### In Virginia, these include:

- Active shooter
- Tornado
- Chemical and hazardous materials spills
- Earthquakes and landslides
- Extreme heat
- Fires
- Floods
- Threats to health
- Hurricanes
- Power outages
- Radiological or nuclear exposures
- Terrorism
- Winter weather

### Find safe places in your home for different types of disasters.

**Tornado:** Underground shelter is best. An alternative is to find cover in an interior room without windows on the most desirable floor (bathroom, closet, hallway). If you are in a high-rise building, take cover in a hallway in the center of the building.

**Earthquake:** Get under heavy furniture (bench, table, desk). As soon as it is safe, you can leave the building and find safer shelter.

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**Emergencies: 1(800) 222-1222**

## Make a Plan!

- Choose several meeting places in case you have to leave your home: somewhere in your neighborhood, somewhere outside the neighborhood, and somewhere out of town.
- Determine escape routes in your home - at least two ways out of each room.
- Practice your emergency plans with your family twice a year.
- Remember the pets! Not all emergency shelters allow domestic animals. Know which shelters near you will kennel your animals. You should also have an alternative plan for the care of your pets.
- **Make an emergency kit.** Along with emergency supplies, it is important to have the following items:

Insurance cards: Health, Auto, Home, etc.

Immunization records for each person

Driver's license

Passport

Birth certificate

Paperwork on any medical condition serious or ongoing.

Extra money

Maps of the area

Extra keys for vehicles, homes, etc.



## Emergency Go Kits

**The emergency kit must have a supply of at least 7 days.**

### Food and water:

- ⇒ Water - 1 gallon (4 liters) per person, per day. A family of 4 people should have 28 gallons (112 liters) of water.
- ⇒ Food - which is easy to prepare without electricity and does not spoil.
- ⇒ A manual can opener.
- ⇒ Basic utensils to prepare and serve meals.

### Health supplies:

- ⇒ All medications
- ⇒ Medical supplies: Syringes, mobility devices (cane, walker or wheel-chair), and hearing aids with spare batteries.

### Personal Care Items:

- ⇒ Soap
- ⇒ Toothbrush and toothpaste
- ⇒ Baby wipes
- ⇒ Contact lenses or glasses

### Security supplies:

- ⇒ First aid box
- ⇒ Emergency blanket
- ⇒ Multipurpose tool (knife, file, pliers and screwdriver)
- ⇒ Whistle

### Electronics:

- ⇒ Lantern
- ⇒ Radio (powered by battery, solar or crank)
- ⇒ Cell phones with chargers and spare batteries
- ⇒ Various sized batteries