

# Be responsible. Be Ready.

## Preparing Makes Sense.

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit plan, as on having a well-trained fire department. The same is true in the event of a disaster. We need to be prepared to be self-sufficient for 3 to 5 days. We must have the tools and a plan in place to make it on our own, no matter where we are if/when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense. It is easier to do these things now; it will be almost impossible after the fact.

### Put a Kit together.

Be prepared to improvise and use what you have on hand to make it on your own and allow you to be sheltered at home for 3-5 days. While there are many things that might make you more comfortable, think first about fresh water, food and clean air. The contents for a simple kit are on the back of this card.

### Put a Portable Go-Kit together.

Same idea, only smaller and portable, in case you have to leave your house in a hurry.

### Buy a battery-powered radio and extra batteries.

Or purchase a windup radio with battery backup. If power goes out, so does your TV, radio, and computer—AND any connection to the outside world.

### Have a plan and hold a family meeting.

Every family member will have responsibilities and needs to be on the same page. Make sure everyone knows what to do. Talk about how to leave your house if you need to get out fast.

### Pick a meeting place.

What if you're at work, the kids are at a friend's house and your spouse is running errands. Have a prearranged meeting place in addition to your home where you can all find each other.

### Arrange for an out-of-town connection.

Sometimes local telephone communications are knocked out before long-distance lines are. Pick an out-of-town relative or friend to be the contact person for everyone.

### Print Important Information Cards for all family members.

Make sure everyone in your family has one with them at all times.

### Know how to shut off water, gas, electricity and any other utilities in your home.

Gas leaks are just one of the dangers. If you have to turn everything off, make sure you know how.

## The Kit

Having a disaster kit is essential. It should contain provisions that will allow you and your family to be self-sufficient in your home for 3-5 days. Recommended items to include:

### Water

One gallon of water per person, per day for drinking and sanitation.

### Food

Ready-to-eat, nonperishable food; peanut butter, protein bars, dried fruit, cereal, canned-foods, granola bars, trail mix.

### Flashlight and extra batteries or a windup flashlight

### Battery-powered radio and extra batteries or windup radio with battery backup

### First-aid kit, including scissors

### Medications, both prescription and over the counter

### Special needs for infants and others who require health and safety items.

### Heavyweight garbage bags with ties, duct tape and filter face masks

The garbage bags and duct tape can be used to seal windows and doors if you need to create a barrier from any potential contamination outside. Face masks that cover nose and mouth (if no masks, use 2-3 layers of T-shirts or a towel).

### Soap and/or waterless hand sanitizer, moist towel-ettes, toilet paper, bleach and clean medicine dropper

Regular bleach when diluted nine parts water to one part bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular bleach per gallon of water.

### Cash, change, travelers check and important documents (in a resealable plastic bag)

### Blankets, sleeping bags, towels

### Change of clothes for each family member (include warm clothes for cold weather climate)

## The Portable Go-Kit

You don't have time to pack if you leave your home in a hurry. You should have all of the above items in smaller amounts for a portable to-go kit. Important papers/documents should be in a portable/waterproof and secure container.

Find out more about being **RESPONSIBLE** and **READY**  
at [www.ready.gov](http://www.ready.gov)

A special thanks to Howard County CERN and Homeland Security for information.

**Be responsible. Be Ready.**  
Brought to you by the Defiance County General Health District  
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