

## **SOME IMPORTANT SUGGESTIONS FOR YOUR FAMILY'S SAFETY**

### **If You Can Stay Home . . .**

- Make sure at least one person has been First Aid and CPR trained!
- Purchase a NOAA Weather Alert Radio...with Specific Area Message Encoding (S.A.M.E.)!!
- Clean containers for drinking water and your bathtub for storing cleaning water. Line the tub with plastic sheeting or clean shower curtain, or caulk the drain with silicone caulking – it will hold water for weeks and cleans up easily when dry. Plan on three gallons per person, per day for all uses.
- Obtain at least a two-week supply of non-perishable foods. Store foods in plastic tubs with tight fitting lids. Do not forget a non-electric can opener. During the storm, stay inside and away from windows, skylights, and glass doors. Find a safe area in your home—an interior reinforced room, closet, or bathroom on the lower floor.
- Wait for official word that the danger is over. Do not be fooled by the storm's calm "eye."
- If flooding threatens your home, turn off electricity at the main breaker.
- Offer your home as shelter to friends or relatives who live in vulnerable areas or mobile homes.
- If you lose power, turn off major appliances, such as the air conditioner and water heater to reduce damage.

### **These Simple Tasks Could Save Your Life and Your Home . . .**

- Take a First Aid and CPR Course and prepare a good first aid kit!
- Check your EMERGENCY CHECKLIST! Obtain any needed items.
- Listen for weather updates on the local emergency radio or television stations. **Do not trust rumors,** and stay tuned to the latest information.
- Refill prescriptions, and maintain at least a one-month supply during hurricane season.
- Clear yard of all loose objects, such as potted plants, bicycles, and trash cans.
- Protect your windows and glass doors: brace double entry and garage doors at the top and bottom.
- Fill your car's gas tank and check oil, water, and tires. Gas pumps will not operate without electricity.
- Secure your boat early. Drawbridges will be closed to boat traffic after an evacuation order is issued.
- Leave the swimming pool 1 foot lower than filled and super-chlorinated; also, shut down and cover the filtration system.
- Get cash in \$1, \$5, and \$10. Banks and Automatic Teller Machines will not be in operation without electricity, and few stores will be able to accept credit cards.

**5-day supply kit**

FOOD Per Person (Suggested menu, adjust to your tastes!)

**Breakfast**

- 2 Large boxes high fiber cereal -OR-
- Box of 12 assorted Instant oatmeal, cream of wheat, etc.
- Dried fruit, raisins.
- Milk (Parmalat, powdered, or condensed milk)
- Instant coffee, tea, creamer, sweetener

**Lunch**

- 6 - Cans of soup, stew, chicken, tuna, spaghetti, etc.
- 6 - Cans of fruit or fruit cocktail, assorted
- Plastic jar (4 – 6 oz) peanut butter
- Plastic jar (4 – 6 oz) jam
- Melba Toast or Club crackers
- Powdered drink mix
- Crackers or chips

**Supper**

- 6 - Pouches of commercially pre-cooked main entrée's: jambalaya, chicken, spaghetti, stew, etc.
- 6- Pouches of commercially pre-cooked rice, pasta, or potatoes
- 6 - Cans assorted vegetables
- Crackers, chips, breadsticks, etc.
- Cookies, snack cakes, solid chocolate bars, etc.
- Pre-packaged pudding or jello cups

**Snacks**

- Trail mix
- Unsalted nuts
- Hard candies
- Granola bars
- Dried fruit mixes

(NOTE: ALL OF THESE CAN BE EATEN WITH MINIMAL HEATING OR WITHOUT COOKING IF NECESSARY)

**BEVERAGES Per Person**

- 15 – gallons of clean, safe drinking water (May use empty & cleaned plastic gallon or ½ gallon jugs filled with tap water)
- Powdered drink mixes
- Powdered milk
- Instant coffee, tea with powdered creamer & sweetener
- Reconstituted lemon, lime, or other fruit juices

(NOTE: AVOID SODA OR ALCOHOLIC BEVERAGES. THEY MAY COMPOUND THIRST AND TEND TO BE NUTRITIONALLY POOR.)

**COOKING AND EATING SUPPLIES per person**

- 2 – mechanical can openers
- 2 – ‘church key’ bottle openers
- 20 – paper plates
- 20 sets plastic knife, fork, spoons
- 20 – Plastic, paper, or Styrofoam cups
- 1 – “Safety Fuel” heating stove (Uses jelled alcohol, like Sterno or Chafing fuel)
- 5 – cans “Safety Fuel”
- 2 – small pots (1 – for heating food, 1 – for heating water)
- 1 – small fry pan (optional)
- 1 ea – sturdy plastic/nylon spatula and cookspoon
- 1 – pint plastic bottle cooking oil
- Small plastic bottles favorite spices
- 1 – pint plastic bottle hand dishwashing detergent
- 1 – plastic/nylon dish sponge/scrubber
- 4 – rolls paper towels
- 12 – assorted sealable plastic bags
- 12 – tall kitchen trash bags
- 2 – boxes of 50 wooden safety matches (in sealable plastic bags)
- 1 – small fire extinguisher

**CLOTHING & BEDDING per person**

- 5 – pairs work pants
- 5 – work shirts
- 2 – pair jeans & polo shirts
- 2 – pair shorts & t-shirts
- 2 - belts
- 7 - sets underclothing
- 7 - pairs work socks
- 1 – set raingear
- 1 – windbreaker light/medium weight jacket
- 1 – set sweatpants/shirt
- 2 – pair work shoes
- 1 – pair sneakers
- 1 – cap or work hat
- 2 – set sleeping wear
- 2 – shower/bath towels
- 2 – washcloth
- 1 – set bedding sheets & blanket
- 1 – cot, air mattress (Full size, max), or sleeping bag
- Pillows
- 1 – small flashlight
- 1 – battery powered book light
- 1 – battery powered AM/FM/Cassette/CD player with earphones
- 3 – sets replacement batteries for each above

**MEDICATIONS & HYGIENE per person**

- 30 – day supply of ALL prescription medications in original prescription containers
- 1 – small box Aspirin, or other Over-the-Counter (OTC) analgesic
- 1 - small bottle of OTC allergy antihistamine
- 1 - small bottle of rubbing alcohol
- 1 – small box band aids, antiseptic ointment
- 1 – small bottle OTC antidiarrhea medication
- 1 – bottle antacids
- Feminine hygiene supplies
- Toothbrush & toothpaste, floss, etc.
- 1 – small plastic bottle antiseptic mouthwash
- Shaving supplies and kit
- Shower/bath soap, shampoo, etc.
- Small box of pre-moistened “baby wipes”.
- Hair care supplies
- Skin care products, makeup, etc.
- 1 - Plastic bottle 4 - 8oz Mosquito repellent (With DEET)
- Small sewing kit with needle, thread, spare buttons, etc.
- Spare glasses, hearing aids, contact lenses, etc.
- 2 – rolls Toilet Paper
- 1 - Plastic bottle (4 – 8oz) SPF 30 Sunscreen

**STORAGE of Supplies**

- 3 – 18 Gallon (or larger) Plastic Storage Tubs with snap on lids (Lockable is optional).
- 1 – Small hard sided luggage (for personal hygiene, medications, etc.)
- 1 – Medium-sized Backpack (for portability)
- 1 – Metal lockable box for cash and personal papers

**MONEY and PAPERS per person (Sealed in “Ziploc” bags)**

- Cash in small bills (\$1, \$5, \$10, & \$20) sufficient for 5 – 7 days until access to banks or ATM’s can be established.
- Social Security Card
- Health Care Insurance Card
- Home Insurance Card or Policy Number
- Driver’s License (make sure address is current!)
- Vehicle Insurance Card
- Birth Certificate
- COPY of Warranty Deed (to prove home ownership)
- List of critical personal and family addresses and phone numbers.

**Food Supply**

- Stockpile a two-week supply of food. For weapons of mass destruction events or pandemic disease outbreaks, your ability to travel through the community may be interrupted for an extended period. You do not need to go out and buy unfamiliar foods to prepare an emergency food supply: use the canned foods, dry mixes, and other staples on your cupboard shelves.
- Keep canned foods in a dry, fairly cool place. To protect boxed foods from pests and to extend shelf life, store boxes in tightly closed plastic or metal containers, or coat in melted paraffin wax.
- Rotate your food supply. Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones near the front.

**Shelf Life of Foods (ALWAYS comply with expiration dates)**

*Use Within Six Months:* Powdered milk, dried fruit, crackers, and potatoes.

*Use Within One Year:*

Canned meat	Ready-to-eat and uncooked instant cereals
Canned vegetable soups	Peanut butter and jelly / jam
Canned fruits and fruit juices	Hard candy
Canned nuts and vegetables	Chocolate bars

*Indefinite Storing Capabilities (In Proper Containers and Conditions):*

Wheat, corn, soybeans, White rice	Vitamins, esp. B and C
Salt	Instant coffee, tea, and cocoa
Powdered milk (nitrogen-packed cans)	Vegetable oils and bouillon products
Dry pastas	Non-carbonated soft drinks

**Diet**

Healthy people can survive on half of their usual food intake for an extended period and without any food for many days. Food may be rationed safely, except for children and pregnant women. If your water supply is limited, avoid foods that are high in fat and protein, and do not stock salty foods, since they will make you thirsty. Also, try to eat salt-free crackers, whole grain cereals, and canned foods with high liquid content. Military rations (MRE's) are NOT intended for long-term use and are not balanced meals.

**Nutrition Tips**

In a crisis, it will be vital that you maintain your strength. Remember the following:

- Eat at least one well-balanced meal every day.
- Drink enough liquid to enable your body to function properly (2 quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral, and protein supplements to ensure adequate nutrition.
- Avoid alcoholic and carbonated beverages as they are nutritionally poor and compound thirst.

**Electricity Outage**

- First, use perishable food and foods from the refrigerator. Then, use foods from the freezer. To minimize the number of times you open the freezer's door, post a list of freezer contents on it. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning the foods are safe to eat) for at least three days. Finally, begin to use non-perishable foods and staples.
- For emergency cooking, you can use a fireplace, or charcoal grill **[outdoors use only!]**, or camp stove. Also, you can heat food with candle warmers, chafing dishes, and fondue pots. Canned food can be eaten right out of the can, but remember, If you heat it in the can, be sure to open the can and remove the label first!

**Water Supply**

- Store at least a two-week supply of water for each member of your family, based upon at least one gallon of water per person per day. A normally active person needs to drink at least two quarts of water each day, but intense heat can double that amount. Children, nursing mothers, and ill people will need more water, and you will need additional water for food and hygiene.
- Never ration water! Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.
- Store water in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers. Plastic containers such as soft drink bottles are best. Seal your water containers tightly, label them, and store them in a cool, dark place.
- In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause disease, such as dysentery, cholera, typhoid, and hepatitis. You should purify any water which you suspect may be contaminated; people can purify water many ways, however, no method is perfect. Often, the best solution is a combination of methods. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of clean cloth. *Following are purification methods, each of which kills or removes microorganisms:*

**1. Boiling is the safest method of water purification.**

- Bring water to a rolling boil for 10 minutes, remembering that some water will evaporate. Let the water cool before drinking.
- Boiled water will taste better if you put oxygen back into it by pouring it between two containers. Also, this will improve the taste of stored water.
- Add a pinch of salt for taste.
- Adding a “sports drink” mix can improve the taste and provide a source of additional minerals/electrolytes that replace those sweated out. HOWEVER, add only ½ the normal amount of mix per gallon of water to dilute the drink and only use this for less than half of your total water intake.

**2. Chlorination uses liquid chlorine bleach to kill microorganisms.**

- Use liquid bleach that contains 5.25% sodium hypochlorite and no soap. Some containers warn “Not for Personal Use.” You can disregard these warnings if the label states sodium hypochlorite as the only active ingredient and if you use only the instructed small quantities listed on label.
- Add 2 drops of bleach per quart of water (4 drops if water is cloudy), stir, and let stand for 30 minutes. If the water does not taste and smell of chlorine at that point, add another dose and let stand another 15 minutes.
- If you do not have a dropper, use a spoon and a square-ended strip of paper or thin cloth about ¼ inch by 2 inches. Put the strip in the spoon with an end hanging down about ½ inch below the spoon’s scoop. Then, place bleach in the spoon and carefully tip it. Drops sized like those from a medicine dropper will drop off the end of the strip.
- Purification tablets release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions. Usually, one tablet is enough for one quart of water, but double the dose for cloudy water.

**3. Purification.**

- Portable water purification units can be purchased from sporting goods, camping, hunting/fishing supply stores, and preparedness outlets. They can range from \$20.00 up to several hundred dollars. In order for them to be effective, they MUST have both a biological filter media (to remove bacteria, cysts, and protozoa) AND an activated charcoal stage to remove toxic chemicals.
- Portable water purification units must be gravity or manual powered. With electricity off and water mains shut down or damaged by the storm, water pressure will not be available to power whole-house or under-sink installed units.
- Portable water Purification units MUST MEET: EPA, ANSI, & NSF 42 and 53 standards and protocols. Filtration units, typically used to remove bad tastes or limited chemical contaminants, are NOT effective or safe to make water safe for drinking after a hurricane!

**4. Distillation.**

- Fill a pot halfway with water, and tie a cup to the handle of the pot's lid so that the cup will hang right side up when the lid is upside-down. Put the lid on the pot upside down . . . making sure the cup is not dangling into the water, and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

**Human Waste Storage and Treatment**

No one wants to think about the fact that toilets, septic tanks, and sewers will NOT be operating for quite a while after the passage of a hurricane. Unfortunately, that IS the reality that has to be planned and prepared for if you or your family is going to shelter at home. The good news is that there are several options for assuring that your family can attend to the safe storing and disposal of human waste.

- A camper or motor home with a restroom, that has a holding tank, can be used until the tank is full... IF it survives the storm or disaster event.
- A chemical camping toilet can be purchased fairly inexpensively at most sporting goods stores and large chain stores. NOTE: special toilet paper and special chemicals must be purchased for use in these toilets. They have limited storage capacity, so a couple of 5-gallon, heavy-duty plastic buckets with tight fitting lids are necessary to empty the holding tank of the toilet into. Also, a small amount of flush water is necessary to operate many of these: water must be available in a small bucket.
- A chemical port-a-john can be home-made as follows:
  1. Use 5-gallon buckets lined with heavy-duty plastic garbage bags.
  2. Add about 1/4 cup of lime or regular, unscented, liquid chlorine bleach to the bucket as a disinfectant and deodorizer. Keep lids on firmly.
  3. Keep buckets in a cool, dark place.
- Alternately, instead of using chemicals, put approximately a gallon of scented 'kitty litter' in the bottom of the 5-gallon bucket and gently shake after each use to redistribute the 'kitty litter'.

**DO NOT DISPOSE OF HUMAN WASTE THROUGH YOUR REGULAR TRASH PICKUP! Dispose of the waste by flushing it down your toilet as soon as sewer services are restored (EXCEPTION: don't flush kitty litter!)**

Clean and disinfect the buckets immediately.

- In a pinch, your toilet can be used as the basis for a chemical toilet. *Shut off the water line running up to your toilet tank.* Then, flush until the bowl has no water in it. Once the bowl is empty, line it with heavy-duty trash bags and disinfect with 1/8 cup chlorine bleach after each use. After approximately 6 –8 uses, tie the bag shut and remove to an outside location. *Once the sewer system is operating again, remember to turn on the water line to the toilets again.*

If significant sewer outages have occurred, instructions for disposal of human wastes will be announced. Otherwise, when the system is operating again, carefully dump the waste you've collected into your toilet and flush (EXCEPTION: don't empty kitty litter into the toilet. Dispose of in the garbage.)