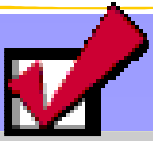


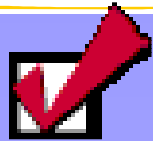
BE PREPARED, TAKE THE FIRST STEP!
PREPAREDNESS AND PUBLIC HEALTH THREATS
COLLECT THESE ESSENTIAL ITEMS TO HELP YOU
SHELTER-IN-PLACE IN THE EVENT OF AN EMERGENCY



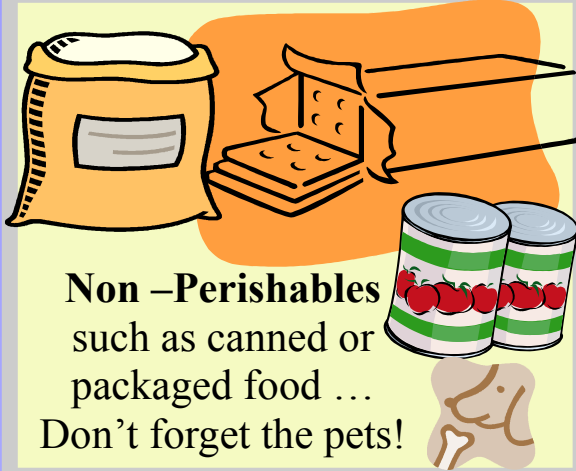
Water



One Gallon per person, per day for at least three days



Food

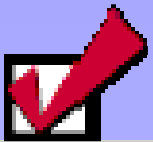


Non-Perishables such as canned or packaged food ... Don't forget the pets!



Clothes

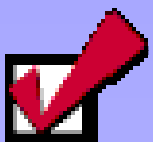
One Change of clothes and footwear per person



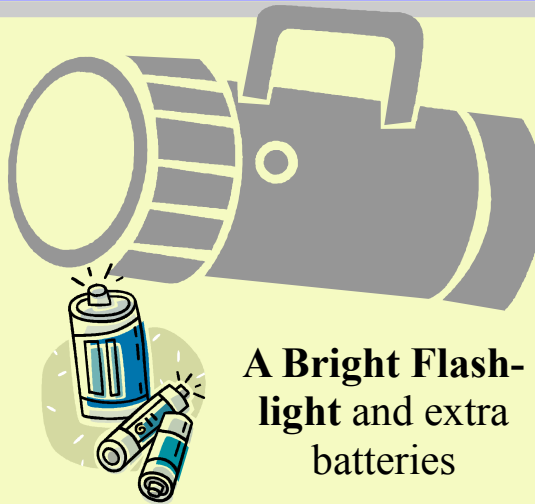
Medications



Three Day's Worth of prescription medications



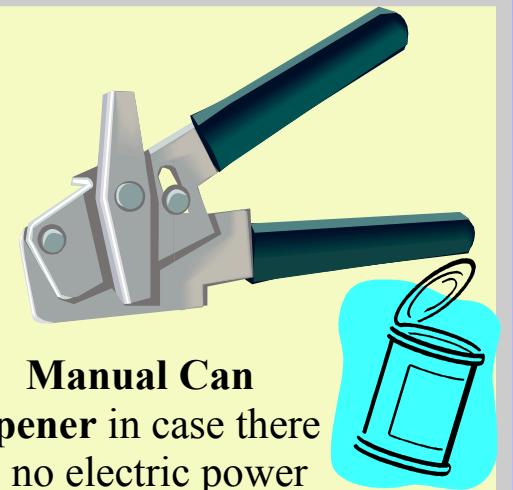
Flashlight



A Bright Flashlight and extra batteries



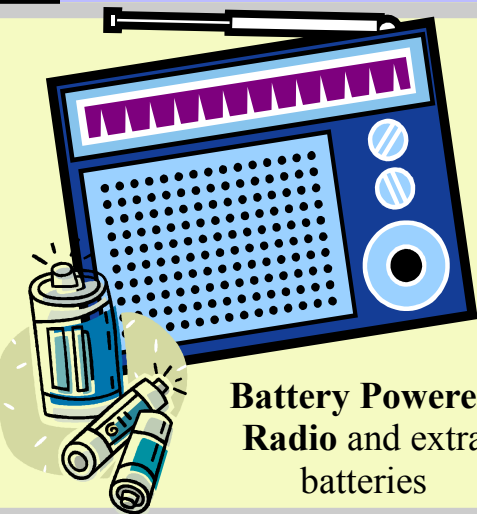
Can Opener



Manual Can Opener in case there is no electric power



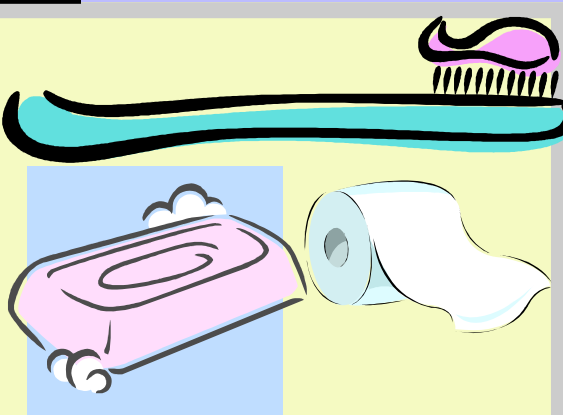
Radio



Battery Powered Radio and extra batteries



Hygiene Items

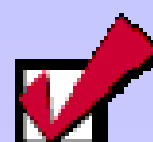
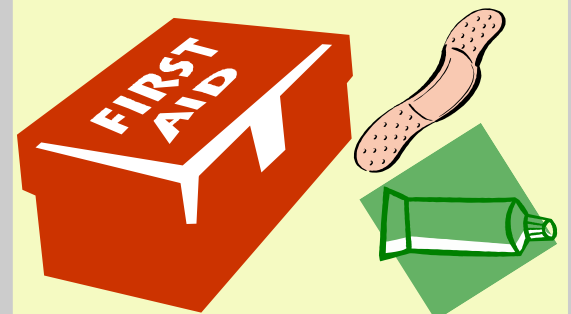


Basics like soap, toilet paper and a toothbrush



First Aid

Basics like antiseptic, bandages, and non-prescription medicines



Children's Items



Infant formula and bottles, diapers and ointments, baby wipes



For more information contact the following organizations:

San Joaquin County Public Health Services

www.sjcphs.org



American Red Cross

redcross.org

U.S. Department of Homeland Security

ready.gov

Federal Emergency Management Agency

fema.gov

Disaster Help

disasterhelp.gov

Centers for Disease Control

cdc.gov

San Joaquin County Office of Emergency Services

plan2survive.org