Special Needs Kit

Special Needs
In addition to the items of a standard preparedness kit - Water, Food, Radio, Flashlight, First Aid Kit - consider special needs like...

Babies/Young Children
• Infant Formula and Bottles
• Diapers and Diaper Rash Ointment
• Powdered Milk
• Medications
• Books, Games, Puzzles or other Activities for Children

Special Needs Adults
• Prescription Medications
• Dosage and Frequency
• Glasses/Contacts Supplies
• Special Medical Supplies
• Special Equipment

Other Items to Consider
• Medical Insurance ID Cards
• Doctor’s Contact Information
• Cell Phone Charger
• Family Records: Wills, Deeds, Tax Records, Insurance Policies
• Store Family Records Online
• Recent Pictures of Family Members
• Cash or Traveler’s Checks
• Comfortable Walking shoes
• Pet Food, Extra Water, Pet Supplies
• Pet Carrier

San Joaquin County Public Health Services
info@sjcphs.org
www.sjcphs.org
209-468-3411

Follow PHS on Twitter & Facebook @SJCPHS

Additional Information

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Preparedness and Public Health Threats

Don’t Wait – Prior to an Emergency Collect These Essential Items to Help You Shelter-In-Place

www.sjcphs.org

San Joaquin County Public Health Services
Health grows here

San Joaquin County
Greatness grows here.
### Make a Plan

#### Fire Safety
Plan two ways out of every room in case of fire. Remove objects that block exit paths. Know how to turn off utilities.

#### Create a Support Network
Make a list of family and friends who may help during a disaster and let them know the plan.

#### Family Communication Plan
Consider a plan for each family member to call or e-mail the same friend or relative to check in.

#### Decide to Stay or Go
Depending on the emergency, make plans to stay at home or leave the area. Consider both possibilities and share the plan with family members, relatives and friends.

#### Staying Put
Consider what you can safely do to shelter-in-place alone or with family and friends. When contamination is an issue, learn about “sealing the room.”

#### Evacuation
There may be conditions in which you may evacuate. Plan on how you will get away and where you will go. Follow evacuation instructions.

#### Remember your Pets
Make plans in advance for your animals. If you must evacuate, take your pets with you, if possible. However, know only service animals are allowed inside public shelters.

### Get a 72hr Kit

#### Water
Minimum suggestion is 1-gallon of water per person for 3-days, for drinking & sanitation.

#### Food
At least a 3-day supply of non-perishable food and a manual can opener. Don’t forget the pet food!

#### Radio
Battery-powered with a hand crank. NOAA bands for Weather with tone alert & extra batteries.

#### Flashlights
Don’t forget the extra batteries.

#### First Aid Kit
Basic supplies, antiseptic, bandages & non-prescription medicines. Keep a 7-day supply of all prescription medications.

#### Dust Masks
To help filter tainted air. Plastic sheeting & duct tape to shelter-in-place.

#### Moist Wipes
For personal sanitation.

#### Tool Kit
Make sure it includes tools to turn off utilities. Check ahead of time to ensure they will work.

#### Whistle
To signal for help.

### Family Communications

#### Family Contacts
Ensure all contact information for each family member is in your phone and written down on cards for each family member to carry.

#### Contact Information
Include the following information for each person:
- Out of area contact names, email & telephone numbers.
- Name, birth date, social security number and important medical Info.
- Information on where each family member spends the most time: work, school, etc.
- Schools, daycare providers, workplaces, and apartment buildings should have site-specific emergency plans.

#### Communications Plan Guide
Pre-printed family communication plan forms are available from Homeland Security. Search “ready.gov family communications plan”. The forms will guide you through creating your family communication plan.