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

- **Water**
  - One gallon per person, per day for 3 days

- **Food**
  - Non-perishables such as canned or dry food.
  - Don’t forget the pets!

- **Clothes**
  - One change of clothes and shoes per person

- **Medications**
  - 3 day supply of prescription medications

- **Flashlight**
  - A flashlight and extra batteries

- **Can Opener**
  - Manual can opener

- **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**
  - Ready-to-feed formula*, bottles, diapers, ointments, baby wipes
  - *If breastfeeding, continue doing so

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**For more information, contact:**

San Joaquin County Public Health Services

- American Red Cross: redcross.org
- SJC Office of Emergency Services: sjready.org
- California Department of Public Health: cdph.ca.gov
- Centers for Disease Control: emergency.cdc.gov

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