



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



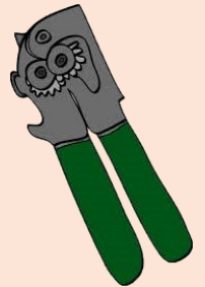
✓ Flashlight

A flashlight and extra batteries



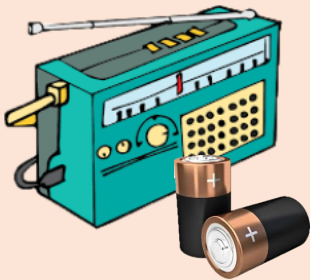
✓ Can Opener

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

*If breastfeeding, continue doing so

Ready-to-feed formula*, bottles, diapers, ointments, baby wipes



For more information, contact:



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