

Opinion: Gather emergency supplies before they are needed

By Tracy Franklin

This is the second of a series of articles highlighting emergency preparedness. Use these tools to prepare yourself for an emergency. More information is available in the city's website.



Storing emergency supplies

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and can easily be carried, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

The container should be able to withstand moisture, insects, and some abuse when the emergency occurs. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in reusable bags to protect against condensation, which causes mildew and rust.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the

upheaval of an emergency.

Preparing for emergencies is a long-term goal. To make this task manageable, choose just two or three items that you will get each month.

Water: Keep at least a three-day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six 2-liter bottles per person.

Food: Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration or cooking and little or no water.

- Canned meats, fruits and vegetables
- Canned juices and soups
- High energy foods – peanut butter, granola bars, trail mix, beef jerky
- Comfort foods – cookies, hard candy, etc.

First aid supplies:

- Bandages and adhesive tape
- Scissors and tweezers
- Moistened towelettes
- Bar soap
- Latex gloves
- Aspirin and non-aspirin pain reliever
- Antacid
- Anti-diarrhea medication
- Insect repellent

- Hydrogen peroxide to disinfect wounds
- Antibiotic ointment to dress wounds
- Sunscreen
- Safety pins
- Needle and thread
- Reusable bags
- Instant cold packs
- Pocket knife

Tools and supplies: Paper cups, plates and plastic utensils, battery operated AM radio, extra batteries, flashlight, non-electric can opener, ABC fire extinguisher, whistle, toilet paper and towelettes, liquid soap, roll of plastic and duct tape to seal broken windows.

Special items: Extra eyeglasses, prescription medications, family pictures, games and books, copies of insurance policies, bank account numbers, inventory of valuables, family record.

Clothing and bedding: One complete change of clothes, blankets or sleeping bags, blankets, sturdy shoes, warm socks, hat and gloves.

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