

# Family Disaster Supply Kit: Be Prepared Before Disaster Strikes

(NAPSA)—Floods, earthquakes, hurricanes, winter storms, tornadoes and tsunamis can all spell disaster. They can strike at anytime and without warning. The best way to protect your family from disaster is to be prepared.

“Minutes count when your family is faced with a disaster situation,” said Deborah Mulligan-Smith, MD, of the American College of Emergency Physicians (ACEP). “By being prepared you can act quickly to keep your family safe and ultimately save lives.”

## Find Out What Could Happen To Your Family

First, find out what could happen to your family from your local emergency management office or American Red Cross Chapter. Discuss the possible disasters with your family and work together as a team on a plan if disaster strikes.

## Make a Family Disaster Supply Kit

An important part of your disaster planning is pulling together necessities in one, easily accessible place. ACEP recommends families collect the following list of disaster supplies and keep them in their home in a plastic tub or container or store them in one cabinet.

### Non-Food Items

- Battery-powered radio, flashlights
- Extra batteries
- First aid kit and manual
- Prescription medications
- Photocopies of prescriptions
- Credit card and cash
- Personal identification
- Spare set of car keys
- Extra pair of eyeglasses
- Matches in a waterproof container
- Signal flare
- Whistle
- Map of the area
- List of important phone numbers
- Special items for babies/



young children/elderly

- Bar soap/toiletries
- Paper and pencils
- Masking or duct tape
- Plain chlorine bleach (may be needed to sanitize drinking water)
- Plastic garbage bags
- Non-electric can opener and utility knife
- Paper cups, plates, and plastic utensils
- Blankets or sleeping bags
- A change of clothing, rain gear, and sturdy shoes for each family member
- In warm weather climates, you may also want to include sunscreen and insect repellent

### Food Items

- 3 gallons of water per person
- Peanut butter and jelly
- Ready-to-eat canned soup, canned meat, milk, fish, fruit and vegetables
- Bread/crackers stored in waterproof bag or container
- Powdered or single-serve drinks
- Cereal/granola bars
- Packaged condiments

### For Pets

- A two-week supply of dry and canned food
- Water (1/2 gallon per day)
- Litter box supplies
- Traveling cage

For more information on injury prevention, visit ACEP online at [ACEP.org](http://ACEP.org).