

Emergency Kit Checklist - Check all those that apply

- 5-7 day supply of all medications
- 5-7 day supply of formula
- 5-7 bags of normal saline for tube feeding or IV infusion
- 1 extra enternal pump and battery pack
- 1 extra IV pump and battery pack
- 5-7 days of ostomy supplies
- 5-7 days of wound care supplies
- extra enternal formula bags
- 1 extra feeding tube, g-tube or g-button

If you are a diabetic:

- 5-7 day supply of syringes
- 5-7 day supply of insulin (*keep cool but do not freeze*)
(*Best refrigerated but will keep at room temperature for up to one month*)
- 5-7 day supply of glucose monitoring supplies like lancets and alcohol wipes
- Spare batteries and test strips for glucose monitor

If you have heart disease:

- 5-7 day supply of all blood pressure, heart or anti-clotting medications

Other Emergency Items to Have on Hand:

- Bottled water (one gallon per person per day- 3 day supply)
- Canned or dired food (3 day supply per person) & an manual can opener
- Battery - powered radio with extra batteries
- Flashlight with extra batteries
- First-aid kit
- Prescription mediciations
- Clean clothes and sturdy shoes
- Extra credit card
- Extra money
- Sturdy trash bags

- Formula and baby food if there is an infant in your home

Listen for Information

Listen for information about what to do and where to go during an emergency.

City, county and state officials have developed emergency plans.

During an emergency, it is important to follow their instructions and advice.

Other things to consider:

Know the emergency and evacuation plans for your workplace. *(Keep a supply of water, canned food, a flashlight, battery-powered radio, change of clothes and pair of shoes at your desk or in your locker.)*

Review the building's emergency and evacuation plans if you are a senior citizen or a disabled person living in a special care facility

Identify people who can help you during an emergency if you are disabled living at home or have special medical needs.

Learn about emergency plans at your child's school or day care center. *(Make sure they have up-to-date contact information for you and another member of your family)*

Keep a small, portable emergency supply kit in your car at all times. *(Keep a gallon of water, several cans of food, a manual can opener, a sleeping bag or extra blanket, extra money and first aid supplies.)*

Consider your pets when preparing for an emergency.