

## Other items to store:

- Medication and non-prescription drugs.
- First-aid kit.
- Flashlight and battery-powered radio, extra batteries.
- Tools to turn off utilities.
- Sanitation and personal hygiene items.
- Garbage can with tight-fitting lid, lined with plastic bag; extra bags and ties for personal wastes. Do not flush household toilet.
- Household bleach (to dilute).
- Clothing and bedding.
- Important family documents.
- Money, in bills and coins.
- Family emergency preparedness plan.
- Special toys, books, games.
- Pets' food, water, toys.

Pack items in an easy-to-carry container such as a large, covered trash can, camping backpacks, or duffel bags.

## Learn more:

### SDSU Extension Service

<http://sdces.sdstate.edu/avianflu>

### South Dakota Department of Public Safety

[http://www.state.sd.us/dps/Releases/4.23.06\(2\).htm](http://www.state.sd.us/dps/Releases/4.23.06(2).htm)

### Homeland Security

<http://www.ready.gov>

### American Red Cross

[http://www.redcross.org/services/prepare/0,1082,0\\_239\\_,00.html](http://www.redcross.org/services/prepare/0,1082,0_239_,00.html)

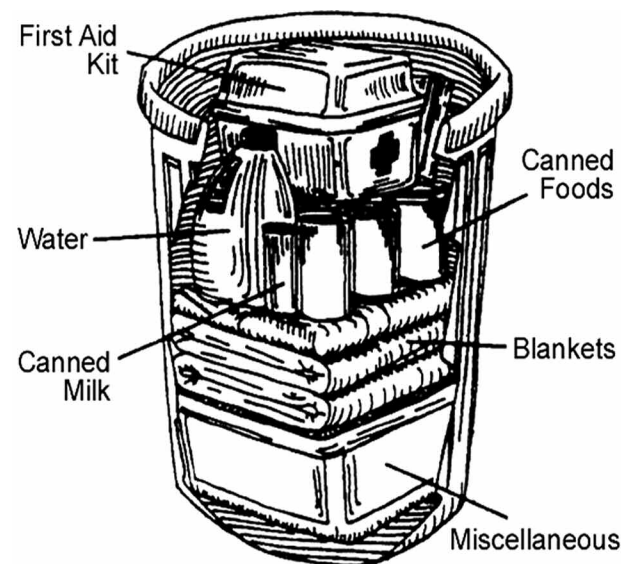
### Federal Emergency Management Agency (FEMA)

<http://www.fema.gov>

**For local information, contact your county Extension office.**

# Are you **ready** for an **EMERGENCY?**

*Here's a kit to "grab and go"*



## **Food:**

- Have at least a 3-day supply of non-perishable food for each person.
- Select foods that do not require refrigeration, cooking, or preparation.
- Select food items that are compact and lightweight.
- Include a manual can opener.
- Add a towel or two, washrags, wipes.

## **Water:**

- Store one gallon water per person per day.
- Store at least a 3-day supply of water per person.
- Use very clean or new water containers. Used milk jugs are not clean enough.

## **Food items to store:**

- Ready-to-eat canned meats, fruit, vegetables that can be eaten cold if necessary.
- Soups: bouillon cubes or dried soups in a cup.
- Milk: powdered or canned.
- Comfort foods: cookies, hard candy, other snacks.
- Staples: sugar, salt, pepper, instant potatoes and rice, crackers, coffee, cocoa mix.
- Fluids or powders with electrolytes.
- Juices: canned, powdered, or crystallized.
- Smoked or dried meats such as beef jerky.
- High energy foods: peanut butter, nuts, trail mix.
- Baby foods if necessary: formula, powdered milk, and bottles and snacks.
- Any special dietary needs for family members.
- Mess kits or paper cups, plates, plastic utensils, napkins, paper towels.

### **Canned foods can be heated indoors with canned heat such as sterno.**

Take the label and the lid off the food can before heating.

## **Nutrition tips:**

- Eat at least one well-balanced meal each day.
- Drink enough liquid to enable your body to function properly ( 2 quarts per day). Use the rest of the gallon-per-day water, sparingly, for personal hygiene, etc.
- Take in enough calories to enable you to do any necessary work.
- Store food items from all food groups to help ensure good nutrition.

## **Food safety:**

- Keep all foods in a dry, cool place.
- Store boxed food in tightly closed plastic or metal containers to extend shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Place new items at the back or bottom of storage container and older ones in front.
- Change food and water every 6 months. Write the date you store them on all containers.
- Re-think your needs every year and update kit as family needs change.

**Store your disaster kit in a convenient place known to all family members. Keep a smaller version in the trunk of your car.**