

# Disaster Supplies Kit

## Sheriff Fontoura Recommends Every Family Should Have a Disaster Supplies Kit

What you have on hand when a disaster happens can make a big difference. Plan to store enough supplies for everyone in your household for at least three days.

- WATER: Have at least one gallon per person per day.
- FOOD: Pack non-perishable, high-protein items including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little to no water.
- FLASHLIGHT: Include extra batteries.
- FIRST AID KIT: A first aid kit should include sterile adhesive bandages, gauze pads, hypoallergenic tape, scissors, tweezers, safety razor blade, safety pins, soap, moist towelettes, antiseptic spray, thermometer, latex gloves, petroleum jelly, aspirin and non-aspirin pain reliever, laxative, eye wash, rubbing alcohol, hydrogen peroxide, etc.
- MEDICATIONS: Have prescription and non-prescription items.
- BATTERY-POWERED RADIO: Include extra batteries.
- TOOLS: Have a wrench to turn off gas (if necessary), manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting, garbage bags and ties.
- CLOTHING: Include sturdy shoes.
- PERSONAL ITEMS: Have eyeglasses, contact lens and solution, copies of important papers, etc.
- SANITARY SUPPLIES: Include toilet paper, personal hygiene products, bleach.
- MONEY: Have cash. (ATM's and credit cards won't work if power is out.)
- CONTACT INFORMATION: Include list of all important phone numbers.
- PET SUPPLIES: Include food, water, leash, litter box, medications, etc.
- MAPS: Have local, regional and state maps.