

Do **NOT** call **911** for information; use **911** only if needing emergency assistance.

FOOD SHELF LIFE

General guidelines for rotating common emergency foods. Write the date you store food and water on all containers.

- **Use within six months:** Powered milk (boxed): dried fruit (in metal container): dry, crisp crackers (in metal container): potatoes
- **Use within one year:** Canned condensed meat and vegetables; ready-to-eat cereals; peanut butter and jelly; hard candy and canned nuts; vitamin C
- **May be stored indefinitely** (in proper containers and conditions): Wheat, vegetable oils, dried corn, baking powder, soybeans, instant coffee, tea, and cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, powdered milk (in nitrogen-packed cans)

IMPORTANT DOCUMENTS

Keep originals of legal documents in and off-site safe-deposit box:

Birth certificates, adoption papers
Marriage certificate
Social Security cards
Military discharge
Health insurance ID cards
Life insurance policies
Property insurance policies
Auto registration/ownership papers
Auto insurance policies
Naturalization documents
Power of attorney
Will
Passport
Real estate deeds of trust
Previous year tax returns
Contact info of your attorney
Inventory of valuables with photographs

MAINTAINING CONTACT

- Determine the best two escape routes from your home.
- Plan where to meet if your home becomes unsafe. Choose two places, one just outside your home and one outside your neighborhood.
- Designate a contact person far enough away to not be affected by the same emergency. Instruct family members to call this person and tell them where they are.
- If you have a cell-phone, include an emergency contact in your phonebook. Put the letters ICE for “in case of emergency” before a person’s name to let rescuers know whom to contact.

EVACUATION BAG

An easy-to-carry bag with an ID tag for each member of the family for use for an evacuation. Include the following:

Some water, food and manual can opener	Flashlight and batteries
Battery-operated radio	Whistle
Personal medications and prescriptions	Extra keys to your house and vehicle
Walking shoes, warm clothes, a hat and rain gear	Extra prescription eyeglasses, hearing aid or other vital personal items
Toilet paper, plastic bags and other hygiene supplies	Pocket knife, compass
Dust mask	Cash in small denominations
Paper, pens and tape for leaving messages	A recent picture of your family members and pets
Copies of insurance and identification cards	
In your child’s bag include a favorite toy, game or book, as well as his or her emergency card with reunification location and contact info	

For More Information Contact Sherry Adams at Southwestern District Health Unit 701-483-3792

HOME EMERGENCY KIT

Keep items in airtight plastic bags, and put your entire disaster-supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffle bag. Rethink your needs every year, and update your kit as your family needs change.

First Aid Kit

Two pairs of disposable gloves
Sterile dressings
Gauze bandage
Cleansing agent/ soap, antibiotic towelettes
Antibiotic ointment
Burn ointment
Thermometer
Adhesive bandages in a variety of sizes
Adhesive tape, 2-inch width
Eye-wash
Cold pack
Scissors
Cotton swabs
Tweezers
Over-the-counter medicines such as aspirin or other pain reliever, laxative, anti-diarrhea medication, antacid
Daily prescription medications such as insulin, heart medicine or asthma inhaler
Prescribed medical supplies such as glucose monitoring equipment or blood-pressure monitors

Check off supplies when added to your home kit:

Food and water
Manual can opener
Utensils
First-aid kit
Flashlight
Battery-operated radio
Batteries
Cash in small denominations and coins
Unscented liquid household bleach for water purification
Personal hygiene items, including toilet paper, feminine supplies and soap
Sturdy shoes
Heavy gloves
Warm clothes, a hat and rain gear
A local map
Extra prescription eyeglasses, hearing aid or other vital personal items
Plastic sheeting, duct tape and utility knife for covering broken windows
Tools including pliers and a shut-off wrench to turn off utilities if necessary
Blanket or sleeping bag
Extra keys to your house and vehicle
A copy of important documents and phone numbers
Paper towels, aluminum foil
Fire extinguisher
Paper, pencils
Large plastic bags for waste and sanitation
Special-need items for family members with mobility problems (i.e. no power)
Tent
Matches in a waterproof container
Pet supplies
Plastic storage containers
Signal flare
Needles and thread

FOOD

Store enough emergency food to feed your family for at least three days:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk and soup
- High-energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix
- Comfort foods, such as hard candy, sweetened cereals, candy bars and cookies
- Dried foods (select carefully as some have a high salt content)
- Instant meals that don't require cooking or water
- Vitamins
- Protein or fruit bars
- Nuts

WATER

- Store 1 gallon of water per person and pet per day.
- Seal water containers tightly in a clean food-grade plastic container, label them with a date, and store in a cool, dark place
- Rotate water supplies every six months, (Water can develop bacteria or algae from microscopic cracks in the container.)
- Keep a small bottle of unscented liquid bleach to purify water. (Add eight drops of bleach to each gallon of water. Shake or stir, let stand 30 minutes.)

Shelter in Place means: 1. Move inside a building. 2. Close **all** windows. 3. Turn off **all** ventilation systems (includes heating and air conditioning). 4. Listen to your **Local** radio or TV.

If in a vehicle: Close all windows and shut all manual vents. Turn off the ventilation system. Turn on the radio for emergency information.