

Specialty supplies you may need

Do you have a pet? Is a baby part of your household? Do you or another family member depend on medications daily? Do you have young children? Are there women in your household? If you can answer yes to any of these questions, you may want to consider including some or all of the following in your kit:

- Pet food and extra water for your pet.
- Infant formula and diapers.
- Prescription medications and glasses.
- Books, games, puzzles or other activities for children.
- Feminine supplies and personal hygiene items.



Prepare. Plan. Stay Informed. •

Visit <http://www.ready.gov> for even more information on family and business preparedness.

For preparedness information, contact:

Federal Emergency Management Agency (FEMA):

www.ready.gov

Oregon Emergency Management:

503-378-2911

www.oregon.gov/OMD/OEM

Citizen Corps:

www.citizencorps.org

American Red Cross:

503-284-1234

<http://oregonredcross.org>

Yamhill County / Office of Emergency Management:

www.co.yamhill.or.us/emerg_mgmt/index.org



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YAMHILL COUNTY OFFICE OF EMERGENCY MANAGEMENT



How to Build your Own 72 Hour Kit



THE FIRST 72 IS ON
YOU

Tel: 503 434 7340

Get a Kit

You may have to survive on your own after an emergency. This means having food, water, and other supplies on hand in sufficient quantities to last for at least three days. Local officials and emergency responders will be on the scene after a disaster, but they cannot reach everyone immediately. You could receive help in a matter of hours or it could be days. Additionally, services such as electricity, gas, water, sewer, and telephone could be cut off. The following is a list of supplies to include in a basic emergency kit.



Water and Food

- Keep *at least* a three-day supply of water and food per person.
- One gallon of water per person per day, for drinking and sanitation.
- Store water tightly in clean plastic bottles such as soft drink bottles.
- Choose foods that require no refrigeration, preparation, or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Avoid salty foods, as they will make you thirsty.

- Choose foods your family will eat: ready-to-eat canned meats, fruits, and vegetables; dry cereal or granola; peanut butter; crackers; etc.



Dried fruit and unsalted nuts are foods to consider including in your kit.

First Aid

In any emergency, you or a family member may be cut, burned, or suffer other injuries. Having some basic supplies on-hand makes you better prepared to treat your loved ones. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but even without that, these supplies will help you stop bleeding, prevent infection, and assist in decontamination.



A first aid kit is very important to have in any emergency.

- Two pairs of Latex, Nitrile, or other **sterile gloves**.
- **Sterile dressings** to stop bleeding.
- **Cleansing agent**/soap and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to disinfect.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as a general decontaminant.
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medication, or asthma inhalers. Periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.
- Tools: scissors, tweezers, and a tube of petroleum jelly or other lubricant.
- Non-prescription drugs such as pain relievers, antacids, anti-diarrhea medication, and laxatives.

Other important supplies

- Battery-powered or hand-crank radio and extra batteries.
- Flashlight and extra batteries.
- Whistle to signal for help.
- Dust mask to help filter contaminated air, and duct tape and plastic sheeting to shelter in place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Local maps.
- Cell phone with chargers, inverter, or solar charger.
- Cash or traveler's checks and change.
- Important family documents (copies of insurance policies, identification, and bank account records) in a sturdy, water-proof container.
- A complete change of clothes for each person, including long pants, a long-sleeved shirt, and sturdy shoes.
- Paper and pencil.



Get a kit for your car in addition to one for your home.

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