



Living in Northern New England, we all know that storms can happen, keeping us in our homes for days on end, knocking out power, or even requiring evacuation.

Emergencies come in all sizes, from the blizzard that lasts for a week or more to the high water during spring rains to the power outage because of the accident down the road.

In an emergency, local officials and relief workers will be on the scene, but they cannot help everyone at once. You could get help in hours, or it may take days. The best way to cope is to be prepared, by assembling an Emergency Supplies Kit.

In an effort to assist our patients to be prepared for an emergency, we ask that you read through this pamphlet and develop an emergency kit of your own.

Prepare your Kit

There are six basics you should stock for your home: water, food, special items, clothing and bedding, tools and emergency supplies, and first aid supplies. Keep the items that you would most likely need in case of an evacuation in an easy-to-carry container – suggested items are marked with an asterisk (*).

First Aid Kit

A first aid kit should include:

- | | |
|--|---|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Assorted sizes of safety pins | <input type="checkbox"/> Roller bandages |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Gauze pads | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Adhesive tape | <input type="checkbox"/> Needle & Thread |
| <input type="checkbox"/> Non-prescription drugs | <input type="checkbox"/> Moistened towelettes |
| <input type="checkbox"/> Aspirin or non aspirin pain reliever | <input type="checkbox"/> Antiseptic |
| <input type="checkbox"/> Anti-diarrhea medication | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> Antacid (for stomach upset) | <input type="checkbox"/> Tube of petroleum jelly or other lubricant |

Store your kit in a convenient place known to all family members. Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Replace batteries; update clothes, etc., every year. Talk with your physician or pharmacist about storing prescription medications. If you are evacuated to an emergency shelter, we will find you.

Water

Store water in plastic containers such as soft drink bottles. Please do not use paper or glass. An average person needs to drink at least two quarts of water each day. Store one gallon of water per person per day, and keep at least a three-day supply of water on hand (two quarts for drinking, two quarts for food preparation and cleaning).

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. These foods include canned fruits, canned vegetables, and ready-to-eat canned meats (like tuna). Don't forget a can opener!

Emergency Planning

Tools

- Flashlights with extra batteries. Do not use candles or open flames if the power goes out.
- Battery-powered radio with extra batteries

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons:

For Baby*:

- Formula*
- Diapers*
- Bottles*
- Powdered milk*
- Medications*

For Adults*:

- Heart and high blood pressure medication*
- Insulin*
- Prescription drugs*
- Denture needs*
- Extra eye glasses*

Clothing and Bedding

- *Include at least one complete change of clothing and footwear per person*
- Rain gear*
- Thermal underwear
- Sunglasses
- Blankets or sleeping bags*
- Hats and Gloves

Important Family Documents

- Keep some records in a waterproof, portable container:
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, death, marriage, divorce certificates)