

Maintaining a home emergency preparedness kit is the best way to prepare for an emergency, such as severe weather or pandemic flu.

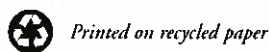
- It's easy to assemble your kit and customize it for your family's needs. There are many items in your household already.
- Simply review the checklist, determine which items you already have, and identify the items you still need.
- Spread out the cost by buying a few items each time you visit your local Wal-Mart or Sam's Club locations.
- Your kit should contain the basic essentials for each family member, including fresh water, nonperishable food and medical supplies.
- Start by collecting a three-day supply of the consumables, such as food, water and medication. Once you have gathered your three-day supply, start toward a three-week supply.
- Keep your kit in a dry location that is easily accessible. For portability, store your items in a large plastic container or new trash can with lid, suitcase, duffle bag, backpack or footlocker.
- Set up a schedule to evaluate, rotate and replenish your kit every six months.



- More than half of all Americans are not prepared for emergencies.
- Most say they do not think a public health crisis is likely, but our country has experienced three pandemic flu outbreaks in the last century. The 1918 pandemic killed 675,000 people in the U.S. alone.
- Pandemics are unpredictable. And as history has shown us, another pandemic is not a matter of if, but a matter of when.
- The more familiar seasonal flu causes nearly 1,000 hospitalizations in Colorado each year.
- Staying healthy is one of the most important ways to be prepared for a public health emergency.
- Preventing respiratory illnesses like colds and flu is relatively simple:
 - Wash your hands
 - Cover your coughs and sneezes
 - Get a seasonal flu vaccination every year
- During a disease outbreak such as pandemic flu, it could become important to stay home and avoid large groups of people where germs could spread.
- If you are prepared to stay home to wait out a pandemic, you will be prepared for almost anything.

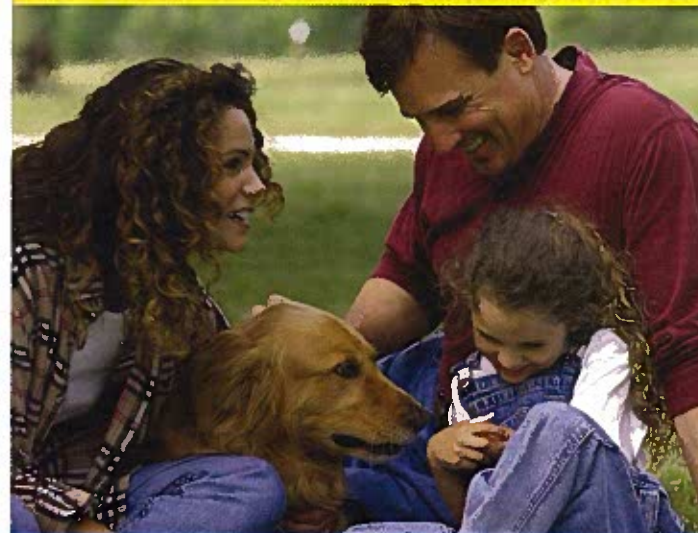


Visit www.WhatIfColorado.com for home, work and car preparedness kit checklists



The Colorado Department of Public Health and Environment and Wal-Mart Stores, Inc. have teamed up to help you create an Emergency Preparedness Kit for your home, work and car.

Are YOU Ready?



FOR YOUR HOME

An Emergency Preparedness Kit



Proud Partners



Your Home Emergency Preparedness Kit Checklist

Food and Water

- Water – 1 gallon of water per person per day
- Food – familiar, nutritious, nonperishable food
 - Canned/packaged meats, fish
 - Canned/packaged fruits, vegetables
 - Canned or boxed soups
 - Canned or boxed juices
 - Nuts
 - Cereal
 - Pasta
 - Staples – salt, sugar, pepper, spices, cooking spray
 - High-energy/calorie-packed foods such as protein/snack bars, peanut butter
 - Packaged nonperishable milk or soymilk, powdered milk
 - Comfort foods – instant coffee/tea bags, treats
 - Foods for persons on special diets
 - Vitamins
 - Baby formula, food

First Aid Essentials

- First aid manual
- Sterile adhesive bandages in assorted sizes, paper tape, elastic bandage, splints
- Antibiotic ointment, laxatives, petroleum jelly, syrup of ipecac, rubbing alcohol/hydrogen peroxide, antacid
- Cotton balls, swabs
- Scissors, tweezers
- Nonmercury thermometer
- Nonprescription pain reliever (non-aspirin for children)
- Anti-diarrhea medicine, oral rehydration salts
- Sunscreen

Product availability may vary by location.

Kitchen Items

- Manual can opener
- Garbage bags, ties
- Liquid detergent
- Dishes, utensils
- All-purpose knife
- Paper towels, aluminum foil, plastic wrap and plastic bags

Clothing and Bedding

- Warm clothing – jacket, long-sleeve shirt, sturdy shoes, hat, gloves
- Sleeping bag, pillow, warm blanket – one per person
- Rain gear
- Large-brimmed hat

Household Items

- Hand-crank radio or battery radio, extra batteries
- Hand-crank flashlight or battery flashlight, extra batteries
- Whistle, signal flare, light sticks
- Tools – wrench, pliers, screwdriver, shovel, utility knife, nylon cord, heavy string
- Work gloves
- Matches, in waterproof container
- Fire extinguisher, A-B-C-type
- Plastic sheeting, duct tape
- Local map with evacuation route
- Disposable camera to document damages
- Corded telephone with long cord
- Cell phone charger
- Extension cord

Personal Items

- Prescription medications, extra eyeglasses/contact lenses
- Family documents in a fire- and waterproof portable container
 - copies of insurance policies
 - legal documents
 - identification/passports
 - bank account records
 - copies of credit cards
 - family contact information
 - health records
 - photos of all family members
- Cash, change
- Paper, pen, envelopes, postage stamps
- Books, toys, playing cards, games, puzzles
- Sewing kit

Sanitation and Hygiene

- Soap, hand sanitizer, moist towelettes
- Toilet paper
- Toothpaste, toothbrush
- Feminine supplies, personal hygiene items
- Diapers, baby supplies
- Water purification tablets
- Household chlorine bleach, medicine dropper – dilute 9 parts water to 1 part bleach for disinfectant
- Plastic bucket with tightly fitted lid

Pet Supplies

- Pet food in sturdy container
- Cat litter
- Large capacity self-feeder and water dispenser
- Leash, collar, identification tags
- Pet medications
- Pet records and photo

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