



# EMERGENCY PREPAREDNESS KIT



Water, food and clean air are essential items for survival. Each individual or family emergency kit should be customized to meet your family's specific needs, such as medications and infant formula. It should also include important family documents.

The Yale New Haven Center for Emergency Preparedness and Disaster Response encourages you to use the following checklist to provide you with "PEACE" of mind. Your emergency preparedness kit ensures you are ready at home or at work in case a disaster strikes.

## The following supplies are recommended for your home or work emergency preparedness kit:

- Water, one gallon per person per day, at least a three-day supply
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Scissors and tweezers
- Dust mask or cotton t-shirt to help filter air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food

For more information, please visit [www.yalenewhavenhealth.org/emergency](http://www.yalenewhavenhealth.org/emergency) • [center@ynhh.org](mailto:center@ynhh.org)

## Other items for your kit include:

- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers
- Pet food for your pet(s)
- Garbage bags and plastic ties for personal sanitation
- Analog phone/landline
- Emergency reference material such as a first aid book or a copy of this list
- Rain gear
- Mess kits, paper cups, plates, plastic utensils and paper towels
- Cash, traveler's checks and change
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper and pencil
- Prescription medications
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- One complete change of clothing and footwear per person
- Disinfectant
- Household bleach  
You can use bleach as a disinfectant (dilute 9 parts water to 1 part bleach) or to purify water (use 16 drops of regular household liquid bleach per gallon of water). Do not use scented, color-safe or bleaches with added cleaners.
- Important family documents  
Keep copies of important family records such as health records, birth certificates, passports, insurance policies, identification and bank account records in a waterproof, portable container.

Center for Emergency Preparedness and Disaster Response



YALE NEW HAVEN  
HEALTH