

# get10

get ready for emergencies




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EMERGENCY PREPAREDNESS  
Alabama Department of Public Health

# get10

Collect and store these 10 essential items to GET READY for an emergency.

- Place your emergency supply kit in water proof bags.
- Store the bags in one or two emergency containers, such as plastic tubs, unused trash cans or duffel bags.
- Store your kit where family members can locate it.
- Try to have enough food, liquid, batteries and other supplies to last one to four weeks depending on the emergency.



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# 1




WATER



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# 1



WATER

Have one gallon per person per day, including pets.

Use water for drinking, hygiene and cleaning as needed.


Store in cool, dry place.

Purchased bottled water has an indefinite shelf life as long as the seal has not been broken.

Treat water if purity is uncertain with one of two easy methods.


Boil water at a rolling boil for 3-5 minutes.  
Cool before drinking  
Improve taste by pouring between two clean containers.

Disinfect water.  
Use regular household liquid bleach.  
Use bleach labeled to contain 5.25% sodium hypochlorite.  
Do not use products labeled to contain other chemicals.  
Add 16 drops of bleach to 1 gallon water.  
Let stand 15 minutes before using (should smell chlorine).  
Repeat process if slight chlorine smell is not detected.




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# 2




FOOD



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# 2



FOOD

Non-perishable food – a supply for two weeks of food per person, including pets:  
electrolyte drinks, ready-to-eat canned meat, fruit and vegetables, canned or boxed juices, powdered milk and soup, crackers, granola, trail mix.

Plan for family's unique needs and tastes.  
Pay special attention to special diets, infants, toddlers and elderly.  
Plan foods that require no refrigeration, preparation or cooking.  
Plan foods that are high in calories and nutrition.  
Store food in dry, dark, cool space.  
Inspect all foods for spoilage before using.  
Date all emergency foods, consider shelf life and rotate as appropriate.

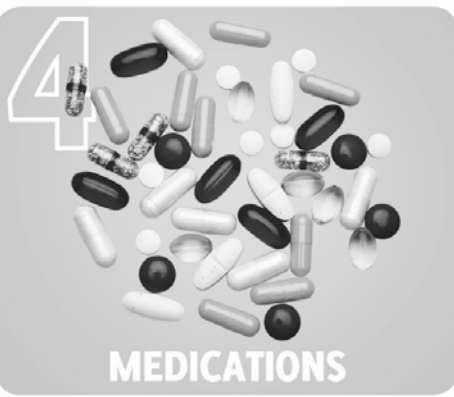


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Make sure it's a manual can opener in case there is no electrical power.  
Consider buying items with a pull-top opening.

Practice using a manual can opener.  
Be aware of the hand strength required to use a manual can opener.  
Understand how the manual can opener works.



Collect one month's worth of any prescription medicines you are taking.  
Be sure to note the expiration date so you don't keep them past their date.  
Discuss allergies to medications with your physician.

Discuss the possibility of stockpiling medication samples with your physician.  
Rotate stockpiled medication to ensure shelf life.  
Include non-prescription fever/pain reliever, antacids, anti-diarrheal items, etc., in your stockpile.



Include basics, such as antiseptic, gloves, a variety of bandage sizes, thermometer and protective masks.

You can buy a pre-made kit at most pharmacies or grocery stores.





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**FLASHLIGHT**

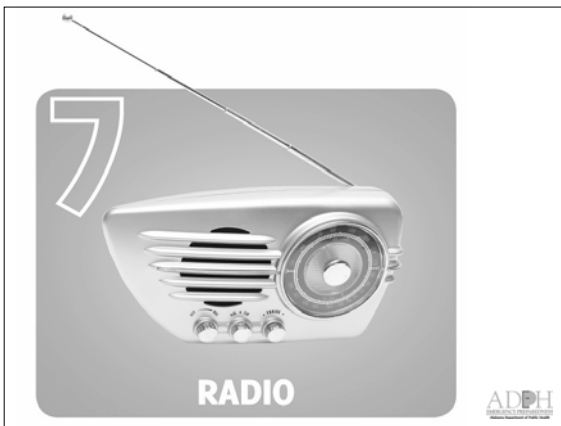
Keep a bright flashlight in case there's no electrical power.

Consider getting a lantern-style light for hands-free use.

Don't use candles! They are a fire hazard and are easy to lose track of when the lights come back on.

Remember extra batteries and rotate stockpiled batteries to ensure shelf life currency.

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**RADIO**

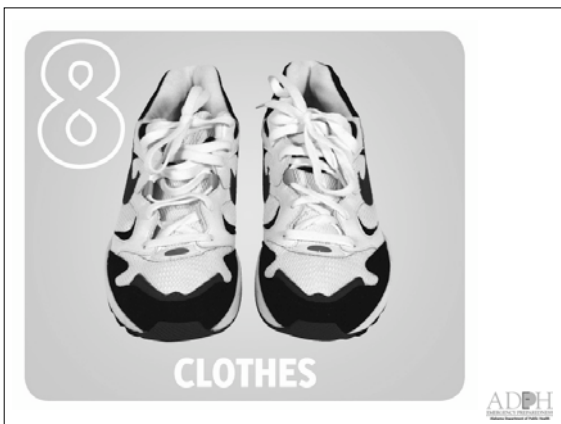
A battery-powered radio for listening to news and weather.

Consider buying a radio with a weather alert feature.

Consider buying a crank-operated or solar-powered radio.

Don't forget extra batteries! Buy them in advance in case they're in short supply.

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**CLOTHES**

Collect extra clothing, socks and shoes per person.

Evaluate size and replace every six months.

Consider packing blankets, rain gear and outerwear in case of inclement weather.

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Collect the basics like soap, toilet paper, a toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags and feminine products

**PERSONAL CARE ITEMS**

You might also want to include entertainment items such as cards, a book or a comfort item for children.



Collect copies of driver licenses, photo ID, social security cards, birth certificates, deeds, titles, mortgage papers, insurance policies, bank account number and credit cards.

**IMPORTANT DOCUMENTS**

You can keep electronic copies of these items as well as photos of your home for insurance purposes on a flash drive/memory stick.

**BE READY FOR AN EMERGENCY**

**Five Important Things to Do**

1. Stay Informed. Knowing about the hazards that may strike your community and the risks you face could be lifesaving. Learn about emergency alert systems and weather alerts.
2. Learn about basic injury and disease prevention. You can find information on the Internet, from your health care provider, ADPH and in a variety of other places.
3. Look for the most current information on emergency preparedness.
4. Create a family preparedness plan and emergency supply kit. Make sure everyone knows or carries emergency contact names and numbers to help find each other if separated.
5. Become familiar with the emergency plans of your community, school, caregivers and workplace.

For more information about emergency preparedness, contact:

ADPH Center for Emergency Preparedness  
adph.org/cep

Centers for Disease Control  
cdc.gov

Federal Emergency Management Agency  
fema.gov

U.S. Department of Homeland Security  
ready.gov

Health and Human Services  
pandemicfu.gov

No computer? Call the Alabama Department of Public Health.  
1-866-264-4073 or 1-800-ALA-1818