SET YOUR CLOCKS CHECK YOUR STOCKS

My emergency preparedness stockpile checklist

Pack the following items in a clearly labeled, easy-to-carry, sealable container and store them in a place that is easy to access. Check your stockpile once or twice a year. A good rule of thumb is to check your stockpile when you change your clocks for daylight saving time. Replace any supplies that are missing or have expired or have been damaged.

American Public Health Association

Emergency supplies

- ❑ Flashlight and batteries
- ❑ Manual can opener
- ❑ Battery-operated radio (and batteries) or hand-cranked radio
- ❑ Matches in waterproof container
- ❑ Utility knife
- ❑ Paper and pencil
- ❑ Cash, traveler's checks and coins
- ❑ Paper cups, plates, plastic utensils, paper towels
- ❑ Garbage bags
- ❑ Pet food
- ❑ Whistle
- ❑ Small, canister ABC-type fire extinguisher
- ❑ Needles, thread
- ❑ Plastic sheeting
- ❑ Duct tape, scissors
- ❑ Extra set of keys and IDs
- ❑ Local maps

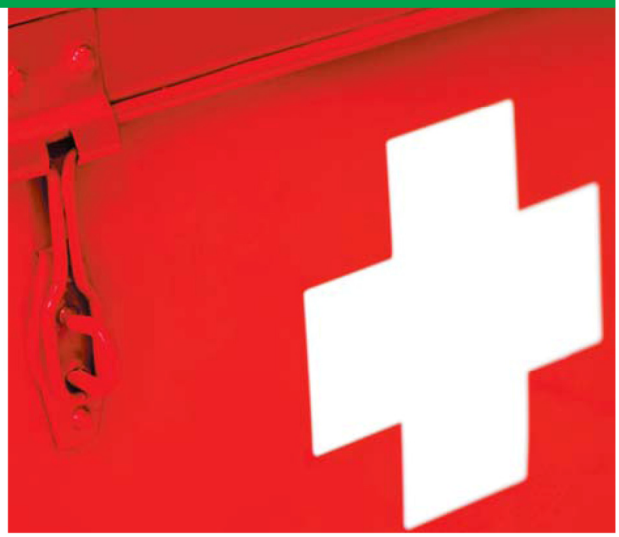
- ❑ Small tent, compass and shovel
- ❑ Household chlorine bleach and medicine dropper

When diluted nine parts water to one part bleach, this can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use bleach with added cleaners or bleach that is scented.

Food and water

- ❑ Three days worth of drinking water, with one gallon of water per person per day. Do not stockpile soda.
- ❑ Three-day supply per person of non-perishable foods. Take into consideration special dietary needs. Avoid salty foods that make you thirsty and include canned foods with high liquid content.

First aid and emergency medical kit



- ❑ First aid manual
- ❑ Bandages, including gauze and bandage tape
- ❑ Germicidal hand wipes or alcohol-based hand sanitizer
- ❑ Antiseptic wipes
- ❑ Non-latex gloves
- ❑ Antibacterial ointment
- ❑ Scissors (small, personal)
- ❑ Tweezers
- ❑ CPR breathing barrier, such as a face shield
- ❑ Prescription medications (such as heart and blood pressure medications or asthma inhalers) and medical supplies, such as insulin and blood-pressure monitoring equipment, if applicable
- ❑ Non-prescription medication, such as acetaminophen, ibuprofen, anti-diarrhea medicine, antacids and laxatives

Personal items

- ❑ Extra prescription eyeglasses, if applicable
- ❑ Denture and contact lens supplies, if applicable
- ❑ Hearing aid batteries, if applicable
- ❑ Diapers and infant supplies, if applicable
- ❑ Sleeping bag or warm blanket for each person. Additional bedding if you live in a cold-weather climate.
- ❑ Complete change of clothing for each person, including a long-sleeved shirt, long pants and sturdy shoes. If you live in a cold climate, add jacket or coat, hat, mittens and scarf.
- ❑ Moist towelettes, feminine hygiene supplies, latex gloves and other items for personal sanitation

Important documents: Store in waterproof, portable container

- ❑ Birth, marriage and death certificates
- ❑ Insurance policies and will
- ❑ Contracts, deeds, stocks and bonds
- ❑ Passports, Social Security cards
- ❑ Immunization records
- ❑ Bank account numbers, credit card account numbers and company contact information
- ❑ Prescription information
- ❑ Inventory of valuable household goods
- ❑ Veterinary records for pets, as well as pet photos

For more tips on creating your emergency preparedness stockpile, visit www.getreadyforflu.org

Get Ready
www.getreadyforflu.org

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www.getreadyforflu.org/clocksstocks

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