



Home Emergency Supply Kit

Every home should have an emergency supply kit located in an accessible storage area. It's best if you store the items in a plastic container(s) that are easy to grab and carry. Kits should be checked every 6 months and expired items should be replaced to keep it up-to-date.



Emergency kits are meant to help you survive during an emergency but also during the aftermath. According to a CDC study, after a tornado in Marion, Illinois, 50% of the tornado-related injuries were suffered during rescue attempts, cleanup and other post-tornado activities.

Home emergency supply kits should include:

- **Water (one gallon per person, per day for at least three days)**
- **Enough nonperishable food (for at least three days) and can opener** – it's best to keep protein-packed foods you can cook without electricity, such as tuna, peanut butter or granola bars and have appropriate food everyone in your family, such as infants and even pets
- **Hand crank radio or battery powered radio with extra batteries** – to stay up-to-date on the latest weather alerts
- **Flashlight with extra batteries** to get around safely should the power go out
- **First aid kit** with the basics, such as gauze, tape etc. and an **emergency reference material**, such as NSC First Aid quick guide
- **Toolkit with scissors** and basic tools in case you need to shut off utilities etc.
- **Hand sanitizer, moist towelettes and garbage bags** for sanitation
- **Plastic sheeting & duct tape** – in case a window breaks or you get a leak in your roof
- **Whistle** to signal for help in case you get stuck and rescuers need to locate you



Additional items to consider, especially if there is a chance you'll need to abandon your dwelling and quickly leave to obtain shelter someplace else:

- **Prescription medications and glasses**
- **Copies of important family documents** stored in a waterproof container, such as birth certificates, health insurance cards, account numbers as well as a listing of doctors and phone numbers of your close contacts
- **Cash or credit card with an available balance** – You may need cash and it's possible ATMs could be down or out of money, making it difficult to purchase needed supplies, or you may even need to evacuate your home and check into a hotel
- **Sleeping bag or warm blanket** for each person
- **Wooden stick matches** in a waterproof container – to start a fire in your fireplace or charcoal grill if needed
- **Disposable cups, plates and utensils** – this is important for sanitation as you wouldn't want to wash your dishes with your limited supply of water or with unsanitary water
- **Assorted zip lock bags and heavy duty aluminum foil** – to keep food fresh once opened
- **Paper and a pencil or marker** – you may need to create a sign for help or leave a note
- **Books, games, puzzles** or other activities to keep children entertained and occupied