You can do this.

For more information about emergency preparedness, contact some of the following organizations:

American Red Cross	**redcross.org**
Centers for Disease Control	**cdc.gov**
Disaster Help	**disasterhelp.gov**
Federal Emergency Management Agency	**fema.gov**
U.S. Department of Homeland Security	**ready.gov**

APC
Advanced Practice Centers

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A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan

A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan 9

1 Water

☐ Done

Bottled water. One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.

2 Food

☐ Done

Nonperishable food. A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix

3 Clothes

☐ Done

Collect one change of clothes and footwear per person.

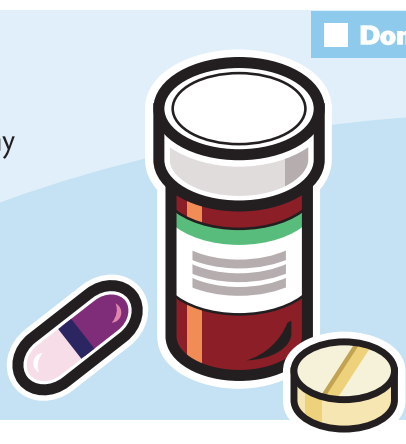
- Consider packing blankets, rain gear and outerwear in case of inclement weather.

4 Medications

☐ Done

Collect three days worth of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.

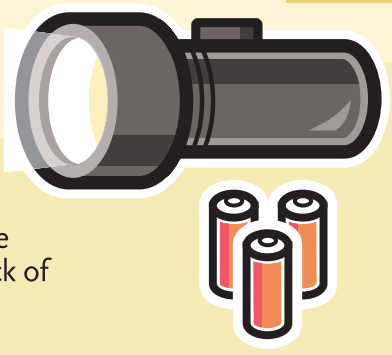


5 Flashlight

☐ Done

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

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.

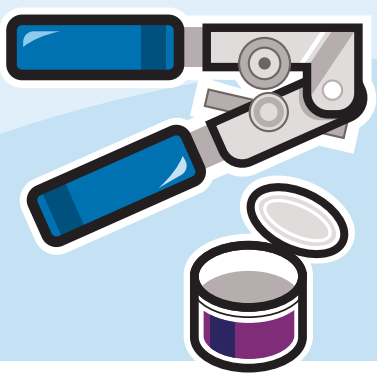


6 Can Opener

☐ Done

Make sure it's a manual can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!

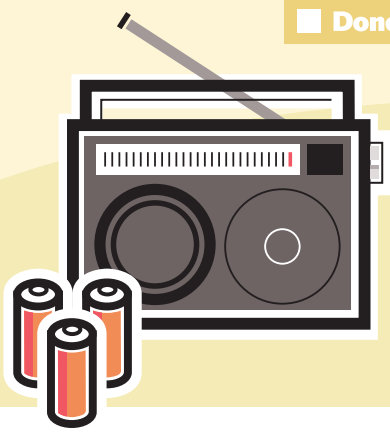


7 Radio

☐ Done

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

- 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.

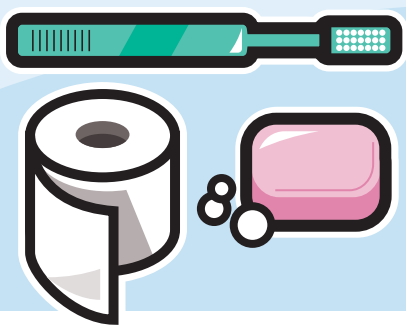


8 Hygiene Items

☐ Done

Just the basics like soap, toiletpaper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

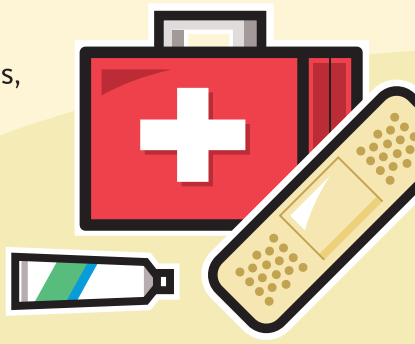


9 First Aid

☐ Done

Basics such as antiseptic, gloves, bandages and non-prescription medicines.

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



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