

Plan and Prepare Now for the Next Disaster

Learn – Educate yourself on disasters that can affect you and your Family.

Plan – Create and exercise a Family Disaster Plan. Locate a secondary meeting place and designate an off island contact.

Individual, Family and Business Disaster Planning – Disaster planning is everyone's business. Carefully review this information and take the time today to discuss preparedness planning with family, friends, neighbors and co-workers.

Develop a 14-Day Disaster Supplies Kit

Your disaster supplies kit should contain enough of the following items to last for 14-days minimum:

- **Water** - One gallon of water per person per day for 14 days for drinking and sanitation
- **Food** - Non-perishable food that does not require cooking. Survival foods such as Peanut Butter, Protein Shakes, Dried Fruits, Nuts
- **Eating Utensils** – Plates, mess kits, forks and chop sticks. Don't forget a non-electric can opener for canned foods
- **Radio** - Battery-powered or hand crank radio with NOAA Weather alert
- **Light** - Flashlight and or a portable fluorescent light
- **Spare batteries** - Check annually
- **First Aid** – Get a good kit and consider enrolling in a certified first aid course
- **Whistle** – Important for signaling for help. A whistle carries much farther than the human voice and uses less energy than yelling
- **Dust Mask** – Helps to filter contaminated air
- **Sanitation** - Moist towelettes, heavy duty garbage bags, hand sanitizer gel, toilet paper, baking soda/kitty litter to absorb odors, gloves and plastic ties for personal sanitation
- **Tools** - Wrench or pliers to turn off utilities, duct tape
- **Maps** - Local area maps
- **Prescription** – Special medications, glasses and medical devices
- **Pets** - Pet food and extra water for your pet
- **Miscellaneous** - Infant Formula, diapers, incontinent supplies, feminine products

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