




SPECIAL NEEDS KIT


 **Special Needs** - In addition to the items of a standard preparedness kit - **Water, Food, Radio, Flashlight, First Aid Kit** - consider special needs like...

 **Babies/Young Children**

- Infant Formula and Bottles
- Diapers and Diaper Rash Ointment
- Powdered Milk
- Medications
- Books, Games, Puzzles or other Activities for Children

 **Special Needs Adults**

- Prescription Medications
- Medication List
- Glasses
- Special Medical Supplies or Equipment

 **Other Items to Consider**

- Medical Insurance ID Cards
- Doctor's Name, Address, Telephone Number
- Family Records: Wills, Deeds, Tax Records, Insurance Policies
- Recent Photographs of Family Members
- Cash or Traveler's Checks
- Comfortable Walking shoes
- Pet Food, Extra Water, Pet Supplies



San Joaquin County
Public Health Services
www.sjgov.org/PHS

For more information contact the following organizations:

American Red Cross	redcross.org
U.S. Department of Homeland Security	ready.gov
Federal Emergency Management Agency	fema.gov
Disaster Help	disasterhelp.gov
Centers for Disease Control	cdc.gov
San Joaquin County Office of Emergency Services	plan2survive.org

BE PREPARED, TAKE THE FIRST STEP!



PREPAREDNESS AND PUBLIC HEALTH THREATS








COLLECT THESE
ESSENTIAL ITEMS
TO HELP YOU
SHELTER-IN-PLACE
IN THE EVENT
OF AN EMERGENCY












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MAKE A PLAN

-  **Create a Personal Support Network** - Make a list of family and friends who may help during a disaster and let them know the plan.
-  **Make a Family Communication Plan** - Consider a plan for each family member to call or e-mail the same friend or relative to check in (out of the area).
-  **Decide Whether to Stay or Go** - Depending on the emergency, make plans to stay at home or leave the area. Consider both possibilities and share the plan with family members, relatives and friends.
-  **Consider your Pets** - Make plans in advance for your animals. If you must evacuate, take your pets with you, if possible. However, know only service animals will be allowed inside public shelters.
-  **Staying Put** - Consider what you can safely do to shelter-in-place alone or with family and friends. When contamination is an issue, learn about “sealing the room”.
-  **Evacuation** - There may be conditions in which you may evacuate. Plan on how you will get away and where you will go. Follow evacuation instructions.
-  **Fire Safety** - Plan two ways out of every room in case of fire. Remove objects that block exit paths. Know how to turn off utilities.

GET A KIT

-  **Water** - One gallon of water per person for at least three days, for drinking and sanitation.
-  **Food** - At least a three-day supply of non-perishable food and a manual can opener.
Don't forget the pets!
-  **Radio** - A battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries.
-  **Flashlight** - Don't forget the extra batteries.
-  **First Aid Kit** - With basics like antiseptic, bandages, and non-prescription medicines.
-  **Whistle** - To signal for help.
-  **Dust Masks** - To help filter tainted air. Plastic sheeting & duct tape to shelter-in-place.
-  **Moist Towelettes** - For personal sanitation.
-  **Wrench** - To turn off utilities.

FAMILY COMMUNICATIONS

-  **Emergency Contact Information Card** - Complete an Emergency Contact Information Card for each family member to carry.
-  **Emergency Contact Information** - Make a complete list for all your family members and include key contact information for each member.
-  **List Information** - Include the following information for each person:
 - Out of area contact names, email and telephone numbers
 - Name, birth date, social security number and important medical information
 - Information on where each family member spends the most time: work, school, etc.
 - Schools, daycare providers, workplaces, and apartment buildings should have site-specific emergency plans
-  **Family Communications Plan Form** - You can use a pre-printed form to list key information from Homeland Security at www.ready.gov or American Red Cross at www.redcross.org.