



**Harris County
Hospital District**

2011 Hurricane Preparedness *MAKE A DISASTER KIT*



**HARRIS COUNTY
HOSPITAL DISTRICT**

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When preparing for a possible emergency situation it's best to think first about the basics of survival: fresh water, food, clear air and warmth. Recommended items to include in a Basic Emergency Supply Kit:

- Water - 1 gallon of water per person per day for at least 3 days for drinking and sanitation
- Food - at least a 3-day supply of non-perishable food
- Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist toiettes, garbage bags and plastic ties for personal sanitation
- Wrench or plier to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps and car charger for a mobile phone



Additional items to consider adding to a Family Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or first aid app for your cell phone
- Sleeping bag/warm blanket for each person.
- Household chlorine bleach and medicine dropper. When diluted nine parts water to one quart bleach, bleach can be used as a disinfectant. Or 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 scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels