

Are You Ready?

Whether it's a widespread power outage, severe weather, health threat, evacuation or another emergency...

Be aware and prepare for emergencies, they can happen at any time.

It is important to be prepared for any kind of emergency.



Create a checklist of supplies/things to do for your emergency kit:

- Water– at least a 2 week supply per person**
Two gallons of water per person per day for drinking and sanitation
- Food- at least a 2 week supply per person**
Non-perishable food and a non-electric can opener, disposable tableware
- First Aid Kit– with bandages, antiseptic**
- Change of clothes**
- Rain gear, warm clothing, sturdy shoes**
- Utility knife, pencil, whistle and fire extinguisher**
- Battery operated radio with extra batteries**
- Battery operated flashlight with extra batteries**
- A supply of matches and paper in a waterproof container**
- Special items for disabled, infants, elderly, and pets**
- Family physicians and other emergency phone numbers**
- Blankets or sleeping bags**
- Toilet paper, paper towels, disinfectant no-rinse hand soap, toiletries (toothpaste and deodorant) one gallon of bleach, and plastic bags**
- Waterproof containers for important paperwork**
- Supply of Prescription Medicines and over-the-counter medicines**
- Know your local evacuation plan, and have local maps**
- Create and practice an emergency plan with your family**
- Teach children how to use 9-1-1**
- Have extra cash on hand, extra set of keys, and identification**
- Have an adequate supply of gas for your vehicles**



For questions or concerns regarding Emergency Preparedness please contact the Livingston County Department of Health at

585-243-7299, or visit www.co.livingston.state.ny.us/pubhlth.htm

For additional information, please visit www.redcross.org, or the American Public Health Association at www.getreadyforflu.org



Get Ready Grocery Shopping List



Bottled water
Canned juice
Canned or boxed milk
Canned fruits and vegetables
 Green beans
 Corn
 Peaches
 Fruit cocktail
 Pears
 Pineapple
Peanut butter and jelly
Canned pasta or spaghetti
Crackers (look for low-sodium)

Canned meat and fish
 Chicken
 Turkey
 Tuna
 Vienna sausages
 Salmon
Soups (look for low-sodium)
Dried fruit
Protein drinks
Granola bars
Dried cereal
Nuts (unsalted, preferably)
Cookies, candy bars, hard candy

Personal Items List

Extra prescription eyeglasses, if applicable
Denture and contact lens supplies, if applicable
Hearing aid batteries, if applicable
Diapers and infant supplies, if applicable
Sleeping bag or warm blanket for each person. Additional bedding if you live in a cold-weather climate.

Complete change of clothing for each person, including a long-sleeved shirt, long pants and sturdy shoes. If you live in a cold climate, add jacket or coat, hat, mittens and scarf.
Moist towelettes, feminine hygiene supplies, latex gloves and other items for personal sanitation.



Kids: Ask your parents or your family: Are we ready for an emergency?

Does our family have a “just-in-case plan” for emergencies? Yes or No

Discuss different types of emergencies and how to respond to each.

Do we know who to call if one of us is lost or we become separated? Yes or No

Discuss a safe spot to meet somewhere in the neighborhood.

Do we have a preparedness kit stocked with food, water and other supplies? Yes or No

Visit www.getreadyforflu.org/clocksstocks Web site for a list of suggested items, or complete a kit with items recommended at www.ready.gov/kids/step1/index/html.

Does our family know when it is better to stay inside the house rather than go outside? Yes or No

Different emergencies sometimes mean inside is better (such as during a tornado) than outside (such as during a fire). If you are inside an unfamiliar building in an emergency, look for the exit signs. Ask your parents for advice.

Do we have a list of local emergency numbers other than 911? Yes or No

Work together to create a pocket card that has all the phone numbers you might need.

Do we have emergency preparedness information available at home? Yes or No

Sit down with a parent or adult and visit www.ready.gov and www.getreadyforflu.org/clocksstocks for tips and ideas.