

# Community Wide Emergency Management



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Administered by:



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## Ready Arlington Prepare. Plan. Stay Informed.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

### Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person for day for at least 3 days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and 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 towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food if kit contains canned food
- Local maps
- Prescription medications and glasses

### Additional Items to Consider Adding to an Emergency Supply Kit:

- Infant formula and diapers if there are small children in the house
- Pet food and extra water for your pet along with their carrier
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash and change - small bills are best
- Complete change of clothing, including long sleeved shirt, long pants and sturdy shoes. Consider rain gear.
- Household chlorine bleach and medicine dropper. When diluted 9 parts water to 1 part 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
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Personal hygiene items (soap/toothbrush) and feminine supplies Paper and pencils
- Books, games, puzzles or other activities for children

