

Are You Ready?

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, footlocker or individual pack.

Emergency Needs

- | | |
|---|--|
| <input type="checkbox"/> Battery Powered Radio | <input type="checkbox"/> Water Storage (1 gal./day) |
| <input type="checkbox"/> First Aid Kit & Manual | <input type="checkbox"/> Water purification tablets |
| <input type="checkbox"/> Sleeping Bags & Blankets | <input type="checkbox"/> Utility Knife |
| <input type="checkbox"/> (wool & thermal) | <input type="checkbox"/> Emergency Candles |
| <input type="checkbox"/> Manual Can Opener | <input type="checkbox"/> Essential Medications |
| <input type="checkbox"/> Waterproof/Windproof Matches | <input type="checkbox"/> Extra Clothing |
| <input type="checkbox"/> Non-Perishable Foods | <input type="checkbox"/> Extra Eyeglasses/Contact Lenses |
| <input type="checkbox"/> Flashlight | |

Suggested non-perishable food items: Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods.

Sanitation Kit

- | | |
|--|--|
| <input type="checkbox"/> Plastic Bucket w/Tightly Fitted Lid | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Plastic Bags & Ties | <input type="checkbox"/> Baby Supplies |
| <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Aluminum Foil |
| <input type="checkbox"/> Improvised Toilet Seat | <input type="checkbox"/> Paper Towels |
| <input type="checkbox"/> Paper Cups & Plates | <input type="checkbox"/> Personal Hygienic Needs |
| <input type="checkbox"/> Personal Toiletries | <input type="checkbox"/> Plastic Utensils |
| <input type="checkbox"/> Soap | |

Other Emergency Needs

- | | |
|--|--------------------------------------|
| <input type="checkbox"/> Pen & Paper | <input type="checkbox"/> Work Gloves |
| <input type="checkbox"/> Money | <input type="checkbox"/> Basic Tools |
| <input type="checkbox"/> Address & Phone Numbers | |

Standard First Aid Kit

- First Aid Manual
- Aspirin or Pain Relievers
- Laxatives
- Rubbing Alcohol
- Diarrhea Medicine
- Petroleum Jelly
- Salt
- Gauze
- Band-aid
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Safety Pins
- Scissors
- Thermometer
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/Splint/Padding)
- Micropore Adhesive, Paper Tape
- Matches
- Needles
- Tweezers
- Small Splints, Popsicle Sticks
- Heavy String
- Syrup of Ipecac
- Individual Medical Needs
- Baking Soda (½ tsp. soda + 1 tsp. salt + 1 qt. water for shock)

Car Survival Kit

Always Maintain at Least ½ Tank of Gas

First Aid Kit & Manual
Class ABC Fire Extinguisher
Radio & Batteries

Non-Perishable Food Stored in Coffee Can
Bottled Water

Bag of Sand, Shovel & Tools
Blankets or Sleeping Bags

Make Copies of All Legal Papers

- Marriage License
- House Mortgage
- Vacation Home / Property Ownership
- Automotive Ownership
- Motor Home Ownership
- Wills
- Sundry Kit, Paper & Pencil, Map, Tissues, Premoistened Towels, Plastic Bags, Essential Medications
- Flashlights & Batteries
- Reflectors & Flares
- Waterproof Matches & Candles
- Jumper Cables
- Short Rubber Hose for Siphoning
- Jewelry Appraisals
- Drivers Licenses
- Trailers, Snowmobiles, Boat Ownerships
- Insurance Policies
- Bank Accounts

Establish an Out-Of-State 24-Hour Telephone Contact

1. Calls out will not overload phone lines as will calls coming into a disaster area.
2. All relatives should be informed now on procedures to call the phone contact, not after a disaster has occurred. Individual location and status should be requested.
3. Take color pictures of every room plus pictures of valuables. Send one copy of legal papers and one copy of pictures to an out-of-state contact.

Plan How Your Family Will Stay in Contact if Separated by Disaster

Pick two meeting places:

- 1) A location a safe distance from your home in case of fire
- 2) A place outside your neighborhood in case you can't return home

When Assembling Emergency Supplies for the Household, Include Items for Pets.

- Extra food (The food should be dry and relatively unappealing to prevent overeating. Store the food in sturdy containers.)
- Kitty litter
- Large capacity self-feeder and water dispenser
- Extra medications

Meet with Neighbors

Plan how the neighborhood could work together after a disaster. Know you neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Contact Your Local Emergency Management Office

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned.

Are You Ready?

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to purify the water by:

- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil ? pot water & collect the vapor by tying a cup to the upside down pot lid - *the cup shouldn't dangle in the water*—it will condense back to water in the cup)

Sources:

- Rainwater
- Streams, rivers & other moving bodies of water
- Ponds & lakes
- Natural Springs

Other Considerations

- Stock supplies to last several days to a week for each family member
- Be prepared to relocate to a shelter during a prolonged power outage.
- Have extra cash on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
- Work with your family in talking about the steps each needs to take to be ready if disaster happens.

Preparedness is everyone's job. Not just government agencies but all sectors of society -- service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen -- should plan ahead for disaster.

During the first few hours or days following a disaster, essential services may not be available.

People must be ready to act on their own.

Helpful Links



www.fema.gov



www.citizencorps.gov



www.policevolunteers.org



www.firecorps.org



<http://training.fema.gov/EMIWeb/cert>

www.nod.org

www.ready.gov

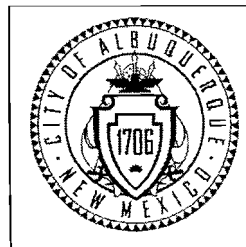
www.usaonwatch.org

www.disasterhelp.gov

www.redcrossalbq.org

www.freedomcorps.gov

www.dhs.gov/dhspublic



Albuquerque
Office of Emergency Management

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City of
Albuquerque

Martin J. Chavez, Mayor

Office of Emergency
Management

**72-Hour
Family
Emergency
Kit**



Phone: 505.833.7248