



Home & Family Disaster Supplies Kit



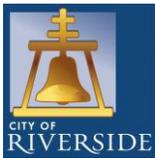
For the home, where you might be isolated for several days following a major disaster the following supplies are recommended. More information: **City of Riverside Fire Department
Office of Emergency Management
(951) 320-8100**

Following a disaster, officials and relief workers will provide assistance, but they will not be able to reach everyone immediately. To sustain your family before help arrives, prepare a disaster supplies kit. It is best to keep your emergency supplies, except your credit cards, cash, and documents, in portable containers (such as plastic tubs) in case you need to evacuate. If you do this, you can be ready to leave much more quickly.

Your kit should include the following items:

- Bottled water (three-day supply of four quarts per person per day)
- Food (three-day supply of non-perishable foods such as canned meats, fruits and vegetables)
- Can opener, pocket knife, eating utensils, cups, plates and bowls
- First-aid kit and at least a 30 day supply of prescription medicines
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Tools, tape, plastic sheeting, signal flares and matches
- Fire extinguisher
- Sanitation products such as toilet paper, paper towels, soap, detergent, bleach and disinfectant
- Clothing and bedding for each family member.
- Special items for babies, the elderly, disabled persons or others with special needs
- Cash or traveler's checks
- Important documents (kept in waterproof containers) such as insurance policies, deeds, titles, stocks, birth certificates, passports, wills, immunization records, etc.
- If you have a pet, include pet food, a carrier or cage, and, where appropriate, a leash in your supplies.

CITY OF RIVERSIDE - OFFICE OF EMERGENCY MANAGEMENT
(951) 320-8100 www.readyriverside.com



Personal Workplace Disaster Supplies Kit



For the workplace, where you might be confined for several hours, or perhaps overnight, the following supplies are recommended. More information: **City of Riverside Fire Department
Office of Emergency Management
(951) 320-8100**

Flashlight with extra batteries

Use the flashlight to find your way if the power is out. Do not use candles or any other open flame for emergency lighting.

Battery-powered radio

News about the emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.

Food

Enough non-perishable food to sustain you for at least one day (three meals), is suggested. Select foods that require no refrigeration, preparation or cooking, and little or no water. The following items are suggested:

- Ready-to-eat canned meals, meats, fruits, and vegetables.
- Canned juices.
- High-energy foods (granola bars, energy bars, etc.).

Water

Keep at least one gallon of water available, or more if you are on medications that require water or that increase thirst. Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

Medications

Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day's supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and your employer about storage concerns.

First Aid Supplies

If your employer does not provide first aid supplies, have the following essentials:

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield

Tools and Supplies

- Emergency "space" blanket (mylar).
- Paper plates and cups, plastic utensils
- Non-electric can opener.
- Personal hygiene items, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies.
- Plastic garbage bags, ties (for personal sanitation uses) .
- Include at least one complete change of clothing and footwear, including a long sleeved shirt and long pants, as well as closed-toed shoes or boots.
- If you wear glasses, keep an extra pair with your workplace disaster supplies.

General Information

- Your kit should be adjusted based on your own personal needs.
- Do not include candles, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician.