






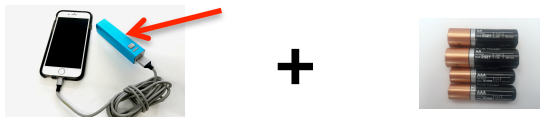

Recommended Basic Emergency Supplies Checklist* ✓

Be prepared for a natural disaster:

1) Get a kit

2) Make a plan

3) Be informed











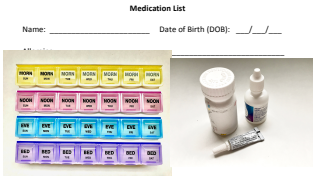






<input type="checkbox"/>	 <p>Plastic Bin OR Backpack</p>	Plastic Bin or Backpack for storing and carrying emergency supplies
<input type="checkbox"/>	 <p>Water for 3+ days</p>	Water , one gallon of water per person per day for at least three days, for drinking and washing
<input type="checkbox"/>	<p>Day 1 Day 2 Day 3+</p>  <p>Food for 3+ days & Can Opener</p>	Food , at least a three-day supply of food and a can opener if kit has canned food
<input type="checkbox"/>	 <p>Radio & Batteries</p>	Radio and batteries , battery-powered or hand crank radio
<input type="checkbox"/>	 <p>NOAA Weather Radio & Batteries</p>	NOAA Weather Radio with tone alert for storms
<input type="checkbox"/>	 <p>Cell Phone Charger & Batteries</p>	Cell phone charger , battery-powered or hand crank
<input type="checkbox"/>	 <p>Flashlight & Batteries</p>	Flashlight and extra batteries

* Adapted and sourced from: <https://bit.ly/2ED6a4C>

This document is available for free download at: www.aphasiacenter.org

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Recommended Emergency Supplies Checklist Cont'd

<input type="checkbox"/>	 	First Aid Kit	First aid kit , e.g. scissors, bandages, gauze, medical tape, disposable gloves, tweezers, etc.
<input type="checkbox"/>		Whistle	Whistle to call for help
<input type="checkbox"/>	  	Dust Mask, Plastic Sheeting & Duct Tape	Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
<input type="checkbox"/>	 	Wet Wipes & Garbage Bags	Wet wipes , garbage bags , and plastic ties for washing your body and removing waste
<input type="checkbox"/>	 	Wrench OR Pliers	Wrench or pliers to turn off utilities
<input type="checkbox"/>		Medication List & 7 Day Supply of Medications	Medication list & 7 day supply of medications
<input type="checkbox"/>	  	Glasses, Hearing Aids & Batteries, etc.	Other health care & personal items
<input type="checkbox"/>		Cash & Copies of Personal Documents	Cash & copies of personal documents (passport, birth certificates, medical information)
<input type="checkbox"/>	 	Pet Food & Extra Water	Pet food, extra water and supplies for your pet or service animal

Resources for Emergency Preparedness

More Information from FEMA: <https://www.fema.gov>



Basic 3-Day Emergency Preparedness Kit

Pre-made Emergency Supply Kits:

<https://www.redcross.org/store/preparedness/survival-kit>