
FIRST AID KIT [#15]

- You can buy one or put one together yourself, just make sure it has all the items you may need, make sure it is accessible, and check it regularly for expiration dates.
- Keep a kit in your car, and locate the first aid kits where you work, if you do.

Whether you buy one or put one together yourself, be sure it includes the basics:

- First aid instruction booklet [read in advance]
- 2-4 pair non-latex gloves
- Plenty of assorted adhesive bandages
- 2 large absorbent dressings - 5x 9 inches
- 6-10 gauze pads - 4x4 inches
- 1 Instant cold compress
- 1-2 rolled bandages - 4x4 inches
- 1 roll adhesive tape
- 1 roll self-adherent wrap
- 2 triangular sling bandages [with safety pins]
- 2 Hand sanitizer packs, 0.9g each
- Antiseptic cleansing wipes - 5-10 single packets
- Triple antibiotic ointment - 5-10 single packets, 0.5 or 1g each
- 1 small bottle each of chewable aspirin [81 mg], acetaminophen, and antihistamine
- 1 small tube of hydrocortisone ointment/gel
- Scissors
- Tweezers
- Cotton balls and cotton-tipped swabs
- Plastic bags for the disposal of contaminated materials

Other items you may want to keep on hand include:

- Any personal items such as medications and emergency phone numbers or other items your health-care provider may suggest.
 - Flashlight with spare batteries
 - Emergency phone numbers - family, friends, doctors, local agencies, emergency road service
 - Extra supply of personal medications that don't need refrigeration
 - 1-2 Thermometers (one time use) (non-mercury/nonglass)
 - 1-2 emergency blankets
 - 1-2 CPR one-way valve face shield, latex-free
 - Aloe vera gel
 - Anti-diarrhea medication
 - Petroleum jelly or other lubricant
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- **Give your kit a checkup**, at least every six months - replace supplies that have expired. Replace supplies that have been used immediately
 - Consider taking a first-aid course through the American Red Cross. Contact your local chapter for information on classes.
 - First aid kits can be purchased from the Red Cross online or your local American Red Cross chapter, your local drug store, or other store. You can also make your own.

Sources: Mayo Clinic, Novato Community Hospital, Red Cross

PREPARE YOUR HOME [#16]

- Move beds away from windows and out from pictures on the wall.
- Move mirrors and heavy pictures away from couches or places where people sit.
- Clear hallways and exits for easy evacuation.
- Store heavy items on the lowest shelves.
- Be sure your home number is visible from the street so emergency vehicles can find you.

Keep on hand:

- At least 3 ABC fire extinguishers in conspicuous places
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as hammer & nails, duct tape, adjustable wrench and bungee cords, shovel [for sanitation], broom, axe.
- A crowbar nearby to lift heavy objects
- Flashlights, battery-powered lanterns, a radio , and extra batteries
- Containers [such as a # 10 metal food can] filled with baking soda for quickly extinguishing a small fire, at a lot less cost than using a fire extinguisher.
- A telephone that has a cord that plugs into the phone outlet on a wall.

Secure [with museum putty or furniture straps]:

- Lamps, especially those with compact fluorescent lights [CFL] in them. If the lamps fall, not only glass, but mercury needs to be cleaned up
- TV sets, stereos, computers, bookcases, file cabinets etc.
- Pictures and wall hangings
- Books in bookshelves with sturdy Velcro strips across the front and secured on the side

Plus, strap your water heater and other gas appliances to prevent moving and tipping, and, fit them with a flexible gas supply line.

- Consider retrofitting underneath your home to withstand a significant earthquake.

Install

- Child resistant type locks on the doors of cabinets that contain dishes and glassware
- A smoke detector near the bedroom. Change batteries once a year.

Under your bed See write up #9

FOOD AND WATER [#17]

Keep enough food and water for 5 to 7 days.

Food

- You may not be able to use your stove, so store foods that are familiar, but require no cooking, require minimal water, and are low in salt, rather than buying special emergency food.
- Rice and soy milk do not need to be refrigerated or kept cool until opened.
- Rotate food according to expiration dates. Any food that does not have an expiration date on the package, mark the date when it should be rotated [6 months at most].
- Most canned foods can safely be stored for at least 18 months. Low acid canned foods like meat products, fruits or vegetables will normally last at least 2 years.
- Keep on hand a manual can opener and other cooking supplies.
- Use paper or plastic plates, cups, utensils.

Water

- Store one gallon of water per person, per day [2 quarts for drinking, and 2 for food preparation and sanitation, plus enough for your pets.
- Tap water from a municipal water system can be safely stored without additional treatment in food grade plastic containers, such as clean 2-liter soft drink bottles. Heavy duty, reusable plastic water containers are also available at sporting goods stores.
- Replace tap water at least every six months.
- Commercially bottled “spring” or “drinking” water should be kept in its original container, and replaced at least once per year. Store in a cool, dark place.
- If you run out of stored drinking water, strain and treat water from your water heater or the toilet reservoir tank (except if you use toilet tank cleaners).

SANITATION [#18]

- Large heavy duty plastic bags and a plastic bucket for waste and sanitation
 - If sewer lines are broken, line toilet bowl with double-bagged garbage bags to collect waste. Add some kitty litter before using. Before discarding, add a small amount of bleach; then seal the bag and place in a tightly covered container, away from people.
 - If the toilet is unusable, use a sturdy bucket with a tight fitting lid, and line it with a double-bagged plastic garbage bag.
- Toilet paper
- Baby wipes
- Feminine supplies, hand sanitizer, soap,

MEDICAL DEVICES [#19]

- If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond in an emergency. Designate backup or alternative providers that you can contact in an emergency.
- If you use a walker, cane, crutches, or wheelchair: Plan for how you will evacuate in an emergency and discuss it with your care providers. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- If you are blind or visually impaired: Keep an extra cane by your bed. Attach a whistle in case you need to attract attention. Exercise caution when moving, paths may have become obstructed.
- If your hearing is impaired: Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly in a disaster.
- If you live alone, consider buying a medical alert device [see write up #20] that can be worn around your neck or your wrist that will call for help, an ambulance or fire truck, when you are unable to do so – you just need to push a button.
- If you use oxygen, have on hand enough to last 5 to 7 days. Find out if your vendor has a plan for delivery during an emergency.

COOKING [#21]

- You may not be able to cook on a stove due to broken gas or electric lines, so keeping canned food on hand is essential. First, though, use food out of the refrigerator for the first two days, then out of the freezer for the next two days. After that go to your canned food.
- To cook or heat food, a propane camping stove can be used indoors, just be sure there is adequate ventilation. Use the 16 ounce canisters, not the larger 5 gal bottles; canisters are far less likely to have leaks in the connection. Still, be sure the connection is solid. Sterno stoves can also be used.
- Buy a carbon monoxide detector to be even more on the safe side
- Place the stove so that it cannot easily be tipped over
- Do not leave it unattended in case the flame goes out