

### Supplies

- Propane/outdoor cooking fuel
- Medicine/first aid
- Unscented chlorine bleach
- + 1 day of food, water and cash

### Tasks

- Make a family emergency plan

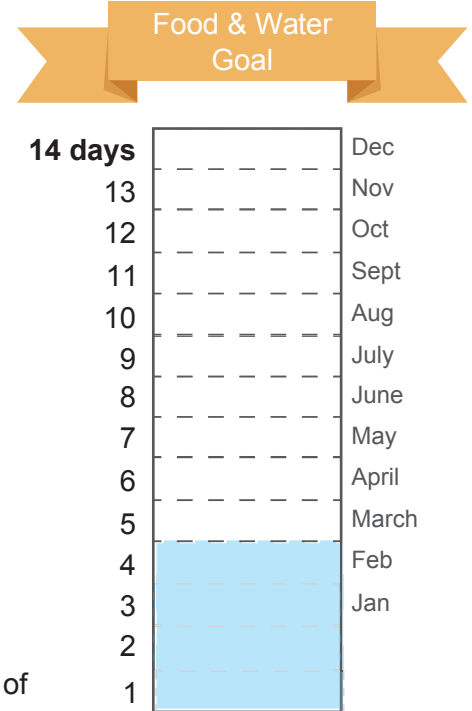
### Water Treatment

If you filled containers with tap water, you should treat the water before you drink, cook or brush your teeth with it. The most common treatment options are:

- Boiling - bring water to a rolling boil for one full minute.
- Chlorination - add 1/8 teaspoon of unscented liquid chlorine bleach per gallon of water, shake and let stand for 30 minutes.

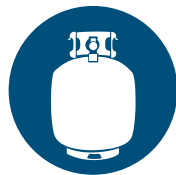
Generally, bleach stored at room temperature has a shelf life of one year. After that, it should be replaced.

**Pro tip:**  
16 oz bottles of bleach are just the right size for a kit.



Add 1 day to the food, water and cash you stored last month. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits.

Remember, one day of water = 1 gallon per person.



In a long-term emergency, it will be helpful to have fuel for cooking and boiling water. Propane works well to power camp stoves or barbecue grills, but there are other options such as charcoal, wood and butane.

Never store liquid fuel indoors or in an attached garage. It should be stored in a location that gets little to no direct sunlight and has ventilation.



Buy a first aid kit or put one together.

If you have special medical needs, build a "medication go bag" with at least 1 week of medications you take on a regular basis. Label the containers clearly.

Think about other needs such as hearing aid batteries, EpiPens, syringes, etc.



# 3 Steps to a Family Emergency Plan

Your family may not be together if a disaster strikes, so it is important to have a plan. Know how you will contact one another and reconnect if separated and establish a meeting place that is familiar and easy to find.

## Step 1: Discuss these three questions with your family.

### 1. How will we communicate with each other?

In an emergency, many people trying to use their mobile phones and land lines at the same time may create network congestion. Have a conversation with your family and agree on a plan for how you will communicate and reconnect. Here are some tips to consider:

- Try text messaging. In many cases text messages will go through when your call may not.
- Designate someone out of the area as a central contact and make certain all family members know who to contact if they become separated.
- Agree on a meeting place in case you are unable to connect via phone, text or email.
- Keep portable cell phone power banks in your car, backpacks, etc.
- Make sure each family member has a printed list of phone numbers in case your cell phones aren't working.

### 2. What is our shelter plan?

Depending on your circumstances and the nature of the disaster, it may be best to stay where you are and avoid any uncertainty outside by "sheltering in place." Do you have an emergency stock of food, water, medicines, fuel and other supplies?

If you need to leave home, where would you go? To a family member or friend's home? a hotel? A shelter? Where is the closest public shelter located? Consider your options and discuss with your loved ones in advance.

### 3. What is our evacuation route?

In a natural disaster, some roads and bridges may be unpassable. It is smart to plan ahead for a few different route options to your shelter location. Keep a map in your car in case your mobile navigation is unavailable.

## Step Two: Document your emergency plan.

Write down your plan and make sure everyone has a copy. The American Red Cross has a handy template, which you can download on our website at [eweb.org/arc\\_template](http://eweb.org/arc_template).

## Step 3: Practice your plan.

Review and practice your plan a couple times a year so that everyone will remember what to do when in an emergency.

Find more information on emergency preparedness and sign up for alerts at [eweb.org/emergencypreparedness](http://eweb.org/emergencypreparedness).