



## 30 TIPS FOR EMERGENCY PREPAREDNESS, PART II

Here's Part II of a three-part series of tips for emergency preparedness...

### Preparedness Tip #11:

- What if disaster strikes while you're at work? Do you know the emergency preparedness plan for your workplace? While many companies have been more alert and pre-active in preparing for disasters of all types since the September 11, 2001 attacks, a national survey indicates that many employees still don't know what their workplace plan is for major or minor disasters. If you don't know yours, make a point to ask. Know multiple ways to exit your building, participate in workplace evacuation drills, and consider keeping some emergency supplies at the office.

### Preparedness Tip #12:

- You should keep enough supplies in your home to meet the needs of you and your family for at least ten days. Build an emergency supply kit to take with you in an evacuation. The basics to stock in your portable kit include: water, food, battery-powered radio and flashlight with extra batteries, first aid supplies, change of clothing, blanket or sleeping bag, wrench or pliers, whistle, dust mask, plastic sheeting and duct tape, trash bags, map, a manual can opener for canned food and special items for infants, elderly, the sick or people with disabilities. Keep these items in an easy to carry container such as a covered trash container, a large backpack, or a duffle bag.

### Preparedness Tip #13:

- Preparing for emergencies needn't be expensive if you're thinking ahead and buying small quantities at a time. Make a list of

some foods that:

- Have a long self-life and will not spoil (non-perishable).
- You and your family like.
- Do not require cooking.
- Can be easily stored.
- Have a low salt content as salty foods will make you thirstier.

Keep the list in your purse or wallet and pick up a few items each time you're shopping and/or see a sale until you have built up a well-stocked supply that can sustain each member of your family for at least three days following an emergency.

### Preparedness Tip #14:

- Take a minute to check your family's first aid kit and note any depleted items—then add them to your shopping list. Don't have a first aid kit? Add that to the list or build a kit yourself. Just add the following items to your shopping list and assemble a first aid kit. Consider creating a kit for each vehicle as well.

- 20 adhesive bandages, various sizes.
- 5" x 9" sterile dressing
- Conforming roller gauze bandage
- Triangular bandages
- 3 x 3 sterile gauze pads
- 4 x 4 sterile gauze pads
- Role 3" cohesive bandage
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- 6 antiseptic wipes
- 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
- First Aid Manual
- Non-Prescription Drugs such as:
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication/Antacid
  - Syrup of Ipecac\*
  - Laxative
  - Activated charcoal\*

*\*Use if advised by the Poison Control Center*

- Prescription Drugs as recommended by your physician and copies of the prescriptions in case they need to be replaced.

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## Preparedness Tip #15:

- Keep at least a three-day supply of water per person. Store a minimum of one gallon of water per person per day (two quarters for drinking, two quarters for food preparation and sanitation). 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. A normally active person needs to drink at least two quarters of water each day. Hot environments and strenuous activity can double that amount. Children, nursing mothers, and people who are sick will also need more.

## Preparedness Tip #16:

- One of the easiest ways you can prepare for emergencies is to keep some supplies readily available. Every kit is unique and can be tailored to meet the specific needs of your family, but below is a general list of supplies you may want to consider. Essential items are marked with an asterisk (\*).

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual and a copy of your disaster plan, including your emergency contacts list.
- Battery-operated radio and extra batteries.\*
- Flashlight and extra batteries.\*
- Cash or traveller's checks; change.\*
- Non-electric can opener; utility knife.\*
- Fire extinguisher. Small ABC-type stored near where fires are likely to occur such as a kitchen or near a fire-place. It should not be kept in the disaster supplies kit.
- Tube tent.
- Duct tape.\*
- Compass.
- Matches in a waterproof container.
- Aluminium foil.
- Plastic storage containers.
- Signal flare.
- Paper, pencil.\*
- Needles, thread.
- Medicine dropper.
- Shut-off wrench or pliers, to turn off household gas and water.
- Whistle.\*
- Plastic sheeting.\*
- Map of the area (for locating shelters/evacuation routes.)

## Preparedness Tip #17:

- Also include items for sanitation in your emergency supply kit. Consider the following. Essential items are marked with an asterisk (\*).

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation use)\*
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

## Preparedness Tip #18:

- Include at least one complete change of clothing and footwear per person in your emergency supply kit. We suggest long pants and long sleeves for additional protection after a disaster. Here are some suggestions for clothing and bedding to include. Essential items are marked with an asterisk (\*).

- Sturdy shoes or work boots\*
- Rain gear\*
- Blankets or sleeping bags\*
- Hat and gloves
- Thermal underwear
- Sunglasses

## Preparedness Tip #19:

- You should also keep a smaller version of your emergency supply kit in your vehicle, in case you are community or traveling when disaster strikes. Here are some items to consider:

- Bottled water and non-perishable high energy foods such as granola bars, raisins and peanut butter
- Flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5lb., A-B-C type)
- First aid kit and manual
- Maps
- Shovel
- Tire repair kit and pump
- Flares or other emergency marking devices

## Preparedness Tip #20:

- Review emergency action steps with all family members, especially children. Help your children learn more about emergencies by visiting Red Cross' "Masters of Disaster."