

# EMERGENCY PREPAREDNESS

## Eight Week Shopping List

### Why should I prepare for an emergency that might never happen?

While we currently do not have a pandemic or other emergency, one can occur at any time. Preparing in advance of any real threat will reduce stress and ensure that you have everything you need to stay safe and healthy during most emergencies.

### To Do...

1. Create a Family Action Plan.
2. Know the disaster plans for your children's schools and daycare centers.
3. Compile a family directory with information for important people and services.  
Establish emergency contacts outside your immediate family.
4. Put aside money to cover your finances for a few weeks, if possible.
5. Arrange for family members with special needs and who are elderly. Include your pets in the plan.
6. Keep important documents in a portable container. Including: your will, insurance policies, deeds, passports, medication lists, health insurance cards, healthcare provider, contact information, other health related documents, birth certificates, bank account numbers, credit cards.
7. **Prepare your Family Emergency Kit!**

### Week One: Food

- Two gallons of water per person—Minimum 3 day supply
- Sandwich Bread (freeze until needed)
- Three boxes of energy snacks (granola, raisins, nuts)
- Five cans of ready to eat soup
- Two boxes of crackers
- Four boxes of dry cereal
- Canned or powdered milk
- Four cans of fruit and vegetables
- Five cans of meat or fish
- Two jars of peanut butter
- One jar of jelly or jam
- Four large cans of juice
- Instant coffee, tea or powdered drinks

### Week Three: Health & First Aid

- Protective masks for the whole family (Wear protective masks and gloves if some one becomes sick.)
- Two boxes of vinyl or latex gloves
- Alcohol-based sanitizing wipes or gel and disinfectant spray
- Antiseptic (rubbing alcohol, hydrogen peroxide and antibiotic cream)
- Deodorant, toothpaste, toothbrushes, soap, shampoo and other toiletries
- First Aid kit & book

### Week Two: Storage

- Two boxes of large plastic zip bags
- Plastic wrap
- Two rolls of aluminum foil
- Three boxes of heavy duty garbage bags
- Large portable cooler \*
- Assorted plastic containers with lids

\* Electrical power may be out for several days during an emergency, so have ice in the freezer that can be used to keep refrigerated foods and medicines cool.

### Week Four: Medications

- Extra supplies of prescription medicine \*
- Aspirin, ibuprofen, and acetaminophen
- Anti-diarrhea medicine
- Rehydration fluids (Pedialyte or Gatorade)
- Adult and children's vitamins
- Thermometer
- Cough syrup, decongestant, antihistamine, throat lozenges

\* Ask for a copy of your prescriptions in case you need to use a new pharmacy.



Promoting Public Health

Bernards Township Health Department

262 S Finley Ave, Basking Ridge, NJ 07920

908.204.2520 ♦ [www.bernardshealth.org](http://www.bernardshealth.org)

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#### Week Five: Cleaning and Paper Supplies

- Manual can opener
- Two packages each of eating utensils, paper cups, paper plates and paper napkins.
- Two multi-packs each of paper towels, toilet paper, wipes and tissues.
- Liquid dish soap
- Laundry detergent, Disinfectant
- Matches in waterproof container
- Unscented liquid bleach.
- Bucket, extra sponges and rags.
- Several gallons of water to flush toilet

**Tip:** A half cup of bleach added to a gallon of water is an all-purpose disinfectant.

#### Week Six : Common tools

- Flashlights and extra batteries
- Masking, Duct and packing tape.
- Scissors
- Utility knife with extra blades
- Tool kit items (screw drivers, pliers, hammer, etc.)
- Plastic safety goggles
- Heavy work gloves
- Fire extinguisher
- Extra set keys, credit card, cash

**Smart Idea!** Keep your car in good repair. In the event of a pandemic, all services, including garages and auto repair shops, may be affected

#### Week Seven:

- Special foods for dietary needs.
- Medical supplies like extra strips and lancets for diabetes monitors.
- Extra hearing air batteries.
- Items for denture care.
- Spare eyeglasses or contact lenses and solution.
- Pet supplies like food, extra water, leashes, carriers and vaccination papers.
- Baby supplies like food, formula, diapers and wipes.
- Important documents like, birth certificate, passports, marriage license, account info, deeds in waterproof container
- Games, activities, books for kids and adults
- One blanket, change of clothes, shoes per person

**Tip:** In a pandemic, illness will be widespread and you may be isolated at home for an extended period of time. Be prepared!

#### Week Eight: Smart Supplies

- Crank or shake powdered flashlights and radio.
  - Portable, camping- style stove or grill.
  - Video or disposable camera.
  - Notepad and pens.
  - Assorted safety pins and sewing kit items.
- Smart idea! If someone in your family becomes sick, document the progress of their illness to keep as a reference.

**IMPORTANT!** Keep a telephone directory available which includes: relatives, including those who live at a distance; neighbors; physicians, pharmacies; schools; churches; and local government contact names and numbers.



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