

BASIC EMERGENCY SUPPLY KIT

- WATER - one gallon per person per day
- FOOD - at least a 3 day supply of non-perishables
- RADIO - with extra batteries
- FLASHLIGHT - with extra batteries
- FIRST AID KIT
- WHISTLE - to signal for help
- MASK - or cotton t-shirt to filter the air
- MOIST TOWELETTES - for sanitation
- WRENCH - or pliers to turn off utilities
- CAN OPENER
- PLASTIC SHEETING AND DUCT TAPE - to shelter-in-place
- GARBAGE BAGS - for personal sanitation
- UNIQUE FAMILY NEEDS - such as prescriptions, infant formula, diapers and important family documents



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Monday - Friday
8 AM – 4:30 PM**



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www.crchd.com

**Central Racine County
Health Department**

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**Serving Caledonia, Dover,
Mount Pleasant, North Bay, Norway,
Raymond, Rochester, Sturtevant,
Union Grove, Yorkville,
Town and Village of Waterford,
Town and City of Burlington**

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EMERGENCY PREPAREDNESS

**Preparing Makes
Sense**

Be Prepared

“Be Prepared” is not just a Boy Scout motto, it is a way of life. Emergencies occur all the time. Whether accidents, basement flooding, severe thunderstorms, tornadoes or medical problems, all emergencies have some common elements. They are relatively unexpected; you may quickly be overwhelmed; and lives, health, and the environment are often endangered.

Some emergencies are more serious than others. How prepared you are will often determine whether or not the emergency produces disastrous consequences for you and your family. Knowing what to do and being prepared can lessen the impact on you and your family.

Every family, every school and every business should take the steps to BE PREPARED. Those steps include...

Get a Kit of Emergency Supplies

What would you need to survive on your own for at least three days, maybe longer? Fresh water, food and clean air are essential. What if the power is out? Flashlights and radios, along with extra batteries would be helpful. And don't forget about medical supplies, sanitation needs and any special considerations.

A basic supply list is on the back of this brochure. For a complete list, please visit:
www.ready.gov

Make a Plan

For What You Will Do in an Emergency

Every family should have a Family Communication Plan, a Shelter-In-Place Plan and an Evacuation Plan. In addition, become familiar with emergency plans at school and work. Practice those plans by holding both scheduled and unscheduled fire and tornado drills at both home and work.

Family Communication Plan

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or emails, the same friend or relative in the event of an emergency.

Shelter-in-Place

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside can be a matter of survival. If you see large amounts of debris in the air, or if local authorities say the air is contaminated, you may want to shelter-in-place and seal the room. Consider precutting plastic sheeting to seal windows, doors and air vents. Each piece should be inches larger than the space to cover so that it can be duct taped flat against the wall.

Evacuation Plan

Plan in advance how you will assemble your family and anticipate where you will go. Choose several destinations in different directions. If you do not have a car, plan how you will leave if you have to. Take your emergency supply kit, unless you have a reason to believe it is contaminated. Take your 3 P's with you: pills, pets and purses.

Be Informed of What Might Happen

Take the time to learn more about the natural and man-made threats that can impact us in SE Wisconsin.

For more information on the potential threats:

- www.ready.gov
- www.ready.wi.gov
- www.racineco.com/emergencymanagement

Get Involved in Your Community

There are many different ways that you can get involved. Start a Neighborhood Watch on your block or become involved with Citizen Corps, which actively involves citizens in making our communities safer, stronger and better prepared.