

- Garbage can (approx. 40 gallon) w/lid & plastic liners
- Change of clothing, shoes
- Documents in fire proof safe (preferred) or water/tight plastic bag/container: birth/marriage certificates, will, passports, insurance policies, deeds, recent tax returns, social security cards, driver's license, bank accounts, credit card co./numbers, stocks/bonds, immunization records, family records

Home



Home (continued)

- Eating / cooking utensils / containers
- Needle, thread, safety pins
- Air mattress w/ foot pump, bedding / sleeping bags
- Sanitation items: toilet: "Porta-Potty" or 5 gal. plastic can with lid, trash can liners to fit, odorless sanitary liquid / tablets*, "Bucket Potty Seat"*, toilet paper
- Cash (including change), credit card
- Entertainment: books, toys, games, crayons, pads, CD's, "books on tape," CD / cassette player, radio, deck of cards

- Listen to radio for instructions:
- Create "safe room" (internal, no windows). Equip it w/items on checklist according to personal preference.
- Turn off heat, a/c.
- Seal windows, vents, doors, fireplace damper, dryer vent w/plastic & duct tape.
- Check utilities: electric, water, gas. Turn off main if necessary. (To turn gas back on, consult professional.)
- Use emergency generator according to manufacturer instructions. Store fuel outside in proper containers.

Shelter-in-Place



Health

- First aid kit (store bought or see list)
- Family / pet medications
- Vitamins / minerals
- Feminine hygiene supplies
- Waterless hand cleaner, pre-moistened towelettes, Sun Shower®, towel, washcloths, soap
- Household chlorine bleach
- Baby / child / elderly supplies / medications
- Zip Lock® freezer bags (quart, gallon size)
- Extra medications / prescription glasses

Mid-Hudson Senior Citizens of Highland Crisis Checklist



Emergencies: 911

POLICE 691-6102

FIRE 911

AMBULANCE 911

HOSPITAL St. Francis: 471-2000

Vassar Bros.: 454-8500

HEALTH DEPARTMENT 340-3150

ELECTRIC CO Central Hudson: 452-2700

GAS CO Central Hudson: 452-2700

FAMILY CONTACT ...

SCHOOL ...

WORK ...



Safety

- Flashlights w/ plenty of extra batteries, light sticks*, LED head lamp / flashlights
- Two radios: battery powered, solar / wind up
- Fire extinguisher (ABC type)
- Tools: hammer, variable-bit screwdriver, adjustable wrench, Vice Grips®, pliers, knife, scissors, pliers, nails, screws, hooks
- Plastic sheeting, duct tape, towels to seal air gaps
- Emergency blankets*
- Survival manual*
- Map of area w/ your evacuation routes / schools highlighted.
- Waterproof matches, lighter
- Candles, battery-operated lanterns
- Potassium iodide tablets (for radiation poisoning)
- Batteries for flashlights, lanterns, CD/cassette players, radio
- Safety suit (biological / chemical): Tyvek® painter's overalls w/ hood & booties, chemical-resistant gloves, full-face gas mask (best) OR pesticide-rated respirator, tight-fitting, clear swim goggles, ear plugs (okay). Seal open seams w/ duct tape.



Food (Rotate every 6 months. Mark date w/marker.)

- Dried & canned: fruits, vegetables, milk, juice, soup
- Grains, nuts, beef / turkey jerky, snacks, trail mix, granola bars, high-energy bars
- Condiments (sugar, salt, pepper), herbs, spices
- Chicken / beef / vegetable bouillon cubes / powder
- Instant coffee, tea, hot chocolate
- Manual can opener
- Paper plates, cups, napkins, paper towels
- All propane / fuel stoves should *only* be used outdoors.
- Candle / "Sterno" (fondue pots) can be used indoors.

Mid-Hudson Sr. Citizens of Highland "Crisis Checklist" developed by:

Organizing Made Simple: www.organizingmadesimple.com

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Water

- One gallon per person per day.** Two quarts drinking; two quarts cooking / cleaning. Fill bathtub for utilitarian use.
- Use clean, sterilized plastic soda bottles or water containers.** Date and store in cool, dark area. Rotate often.
- Emergency INDOOR water sources: Hot water tank** (With gas & electric off, open drain @ bottom of tank, turn off water intake valve; turn on a hot water faucet. *Make sure tank is filled from main water valve before turning back on.*) **Ice cubes, reservoir tank of toilet** (not bowl), **water pipes** (turn on faucet @ highest level; obtain water from faucet @ lowest level).
- Disinfect water w/2-3 drops of regular household bleach per gallon.** Shake well & let sit for 30 minutes before using.



Pets

Shelter-in-Place:

- Food** (low protein to reduce stool volume), **water, bowls**
- Sanitation:** "Puppy Training Pads" (available @ pet store), garbage bags for refuse.
- Bed, blankets, familiar toys, crate**

Evacuation:

- Pet carrier or crate, ID, vaccination records, registration, food, water, medications, muzzle, leash**



First Aid Kit

- Sterile bandages / gauze pads** (assorted sizes)
- Hypoallergenic medical adhesive tape**
- Triangular bandages** (3)
- 2" & 3" wide sterile roller bandages** (3 rolls each)
- Scissors, tweezers, needle**
- Sling, splint**
- Potassium iodide (for radiation poisoning)**
- Moistened towelettes**
- Thermometer**
- Tongue blades** (2)
- Tube of petroleum jelly or other lubricant**
- Safety pins** (assorted sizes)
- Cleansing agent, antiseptic, soap**
- Latex gloves** (2 pair)
- Sunscreen, lip balm**
- Alcohol pads**
- Polysporin® or other anti-bacterial salve**
- Ace bandages**
- Instant cold / instant hot packs**

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever**
- Anti-diarrhea medication**
- Antacid** (for stomach upset)
- Syrup of Ipecac** (used to induce vomiting if advised by the Poison Control Center)
- Laxative**
- Activated charcoal** (use if advised by the Poison Control Center)
- Cold / allergy medication**
- Eye drops**



Evacuation

- Listen to radio** for instructions about evacuation routes.
- Coordinate with contact person** who lives far away from you to phone w/ information. Give each person / family member the phone number, including schools. Call contact person.
- Get duplicate street maps** and coordinate w/ family members your *personal* evacuation routes / modes of transportation (2 scenarios according to wind direction / circumstances) from work / home (highlight these routes) to a meeting place in a safe area. Stay away from main routes.
- Public shelters (no pets) may be set up in schools.**
- Keep car gas tank ¾ full / "car kit" stocked and in car.**
- Take protective clothing / additional water.**
- Seal car vents w/ duct tape if needed.**



Car Kit

In water-tight plastic container or backpack:

- Road maps** w/ highlighted, pre-selected evacuation routes
- Flashlight, batteries, light sticks*, LED head lamp**
- First aid kit**
- Cell phone, hand-held "walkie-talkies," GPS**
- Flares, jumper cables**
- Emergency blanket***
- Tube tent***
- Light parka / rain gear, clothing, socks, shoes, hat**
- Extra Zip Lock® freezer bags** (quart & gallon size)
- Cash, change, credit card**
- Pocket-sized survival manual***
- Battery-powered radio w/ extra batteries**
- 4 Zip Lock® freezer bags (gallon size) filled with:**
 - 1) **Personal hygiene supplies:** toilet paper, feminine supplies, soap, tissues, paper towels, towelettes, brush / comb, toothbrush, toothpaste, razor, shampoo
 - 2) **Health supplies:** multi-vitamins, energy bars, dried fruit, nuts, turkey / beef jerky, trail mix, dried juice, water, bleach
 - 3) **Safety supplies:** candle lantern*, whistle, waterproof matches, lighter, large piece of aluminum foil for cooking if necessary, string, compass, clothes pins, pocket knife
 - 4) **Misc. supplies:** pen / pencil, pad, extra batteries, multi-use tool / knife, glasses, scissors, sunglasses, deck of cards, needle / thread, book, metal pot for cooking
- Copies of documents** (see "Home" section / list)
- Plastic sheeting, duct tape for emergency shelter**
- Travel-sized blanket, pillow**



Workplace

- Know your employer's evacuation / shelter-in-place plans / contacts / routes. Implement one if necessary.**
- Identify emergency exits in your building.**
- Keep smaller container / backpack of supplies** (water, energy bars, flashlight, first aid kit).
- Know public transportation available** (routes, times).
- Coordinate evacuation plans w/ family members.**

* Items available @ boating / camping / RV stores

Sources & websites:

redcross.org ready.gov preparedness.com
 iprepare.com areyouprepared.com fema.gov