

# *ARC Meeting: 5/2*

## *Emergency Kits*

Please have a seat and sign in!

# Build a First Aid Kit

## CONTAINING (meant for family of four)

- medications and emergency phone numbers
- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (multiple sizes)
- 1 adhesive cloth tape
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin
- 1 emergency blanket
- 1 breathing barrier
- 1 instant cold compress
- 2 pair of nonlatex gloves
- 2 anti-inflammatory ointment packets
- 1 gauze roll
- 1 roller bandage
- 5 sterile gauze pads
- Oral thermometer
- 2 triangular bandages
- Tweezers
- Emergency First Aid instructions

## STORING

- Check the kit regularly.
- Check expiration dates and replace any used or out-of-date contents

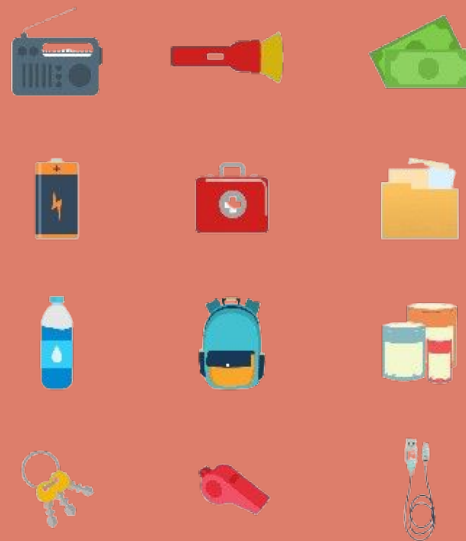


# *Build an Emergency Kit*

- Water
  - one gallon per person per day
- Food
  - non-perishable
- Flashlight
- First aid kit
- Extra batteries
- Whistle
  - to signal for help
- Dust mask
- Plastic sheeting & duct tape
  - for shelter
- Fire extinguisher
- Radio
- Moist towelettes, garbage bags and plastic ties
  - for personal sanitation
- Wrench or pliers
  - to turn off utilities
- Manual can opener
- Local maps
- Cell phone with chargers and a backup battery
- Cash or traveler's checks
- Copies of important family documents
  - Ex: identification IN a waterproof container

# *Maintaining an Emergency Kit*

- Airtight plastic bags
  - one or two easy-to-carry containers  
(plastic bins or duffel bag)
- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items as needed
- Update your kit as your family's needs change



**BASIC  
EMERGENCY KIT**

# Earthquakes

- **BEFORE**

- Protect Your Home: Secure heavy objects that hang on walls
- Store heavy and breakable objects on low shelves

- **DURING**

- If you are **inside**, stay and do not run outside and avoid doorways
- If you are **in bed**, turn face down and cover your head and neck with a pillow
- If you are in a **car**, pull over and stop
  - Set your parking brake
- If you're **outside**, stay there
  - Move to an open area away from buildings, trees, streetlights, and power lines
  - Drop and cover until shaking stops to protect yourself from flying debris.

# Earthquakes

- **AFTER**

- Expect aftershocks to follow the main shock of an earthquake
- If you are in a **damaged building**, go outside and quickly move away from the building
- **If you are trapped**, send a text or bang on a pipe or wall
- Cover your mouth with your shirt for protection and **instead of shouting**, use a whistle
- If you are in an area that may experience tsunamis, go inland or to higher ground immediately after the shaking stops
- Avoid contact with floodwaters as they can contain chemicals, sewage, and debris

# Wildfires

- Find an outdoor water source with a hose that can reach any area of your property
- Create a **fire-resistant zone** that is free of leaves, debris or flammable materials for at least 30 feet from your home
- Designate a room that can be closed off from outside air
- Close all doors and windows
- **Know your Evacuation Zone**
- Be cautious when carrying flammable or combustible household products that can cause fires or explosions
  - cooking oils, rubbing alcohol, hand sanitizer
- Store an N95 mask to protect yourself from smoke inhalation



# *Fire Extinguisher*

- Use on small fires only
- PASS
  - **P**ull the pin & hold the extinguisher with the nozzle pointing away from you and release the locking mechanism
  - **A**im low & point the extinguisher at the base of the fire
  - **S**queeze the lever slowly and evenly
  - **S**weep the nozzle from side-to-side

