

# Anoka County Emergency Management



# **EMERGENCY PREPARDNESS**

**BASIC DISASTER SUPPLIES  
AND PLANNING**

**Somebody  
Should**

**DO**

***Something!***

**“All people, regardless of circumstances, have some obligation to be prepared to take action during an emergency and to assume responsibility for their own safety.”**

National Fire Protection Association (NFPA) Emergency Evacuation Planning Guide for People with Disabilities

*How Long Do I need to plan  
for?*

**72** *Hours*

*That's 3 Full Days!*

# **The Four Essentials**

- 1. Water**
- 2. Food**
- 3. Shelter**
- 4. Clothing (Season Appropriate)**

**Shelter in Place  
or Evacuate?**

**What Do I  
Need?**

# ***Supplies Kit***

<https://www.ready.gov/build-a-kit>

## **Basic Disaster Supplies Kit**

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:



- [Water](#) - one gallon of water per person per day for at least three days, for drinking and sanitation
- [Food](#) - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place](#)
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

## **Additional Emergency Supplies**

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

# ***Supplies Kit***

**Add to first aid kit**

- **Isopropyl Alcohol (IPA) 95% or better (NOT Rubbing Alcohol)**
- **Vitamin's Multi, Vitamin C, Vitamin D3**

# ***Dependents***

*Those who **DEPEND** on you to plan for them*

- Children – Food, Medicines, prescription and OTC, Clothing, Toys
- Seniors/Handicapped - Minnesota Council on Disability  
<https://www.disability.state.mn.us/wp-content/uploads/2016/04/EmergencyPreparednessConsumerGuide-ACCESSIBLE1.pdf>
- Pets – Food, Water, ***Shelter***, Medicine, Vaccination Records [https://www.fema.gov/media-library-data/1390846777239-dc08e309debe561d866b05ac84daf1ee/pets\\_2014.pdf](https://www.fema.gov/media-library-data/1390846777239-dc08e309debe561d866b05ac84daf1ee/pets_2014.pdf)



**Please Don't Leave Me Behind**

# You can now take your pet to a Pet-Friendly Shelter

## Pet Disaster Unit – Portable Pet Shelter



# *Diabetes in a Disaster*

- Extra copies of prescriptions
- Insulin or pills (Syringes & needles)
- Alcohol swabs
- Cotton balls & tissues
- A meter to measure blood sugar
- Blood sugar diary
- Insulin pump supplies (if on insulin pump)
- Strips for your meter
- Urine ketone testing strips
- Lancing device and lancets
- Quick acting carbohydrate (for example, glucose tablets, orange juice, etc.)
- Longer lasting carbohydrate sources (for example, cheese and crackers)
- Glucagon Emergency Kit (if on insulin)
- Empty hard plastic detergent bottle with cap to dispose used lancets and syringes

# ***IMPORTANT DETAILS***

**(stuff you wish you had thought of)**

- ID and documents (insurance, med list, etc.)
- Medications including medical devices i.e. CPAP
- Waterproof source of fire
- **Hand Sanitizer – BIG bottle**
- **Dish and Clothes Soap**
- **Bleach for sanitizing drinking water and everything else.**
- Infant/supplies (diapers, formula)
- Pet food, water, shelter, medicine, vaccination records
- **Toilet paper**
- Original FOX 40 whistle <https://www.fox40world.com/classic>
- *Manual can opener for canned food*
- Metal mess kit with utensils
- Camp Stove with propane cylinders
- Camp coffee pot
- Plastic sheeting and Duct Tape (3 rolls min)

# ***P-38 & P-51 Military Can Openers***





# Are Your Hands CLEAN ?

Clostridium  
Difficile



**Wash your hands &  
don't C (the) Diff.**

# ***Water***

## **How much do I need every day?**

**Adult men - 3.7 liters ( 1 gallon)**

**Adult women - 2.7 liters (3/4 gallon)**

**Pregnant - 3 liters (4/5 gallon)**

**Nursing Moms – 3.8 liters (1+ gallons)**

**Toddlers < 3 y.o. about 1.3 liters; ages 4 to 8 - 1.7 liters**

**Boys ages 9 to 18 - 2.4 to 3.3 liters**

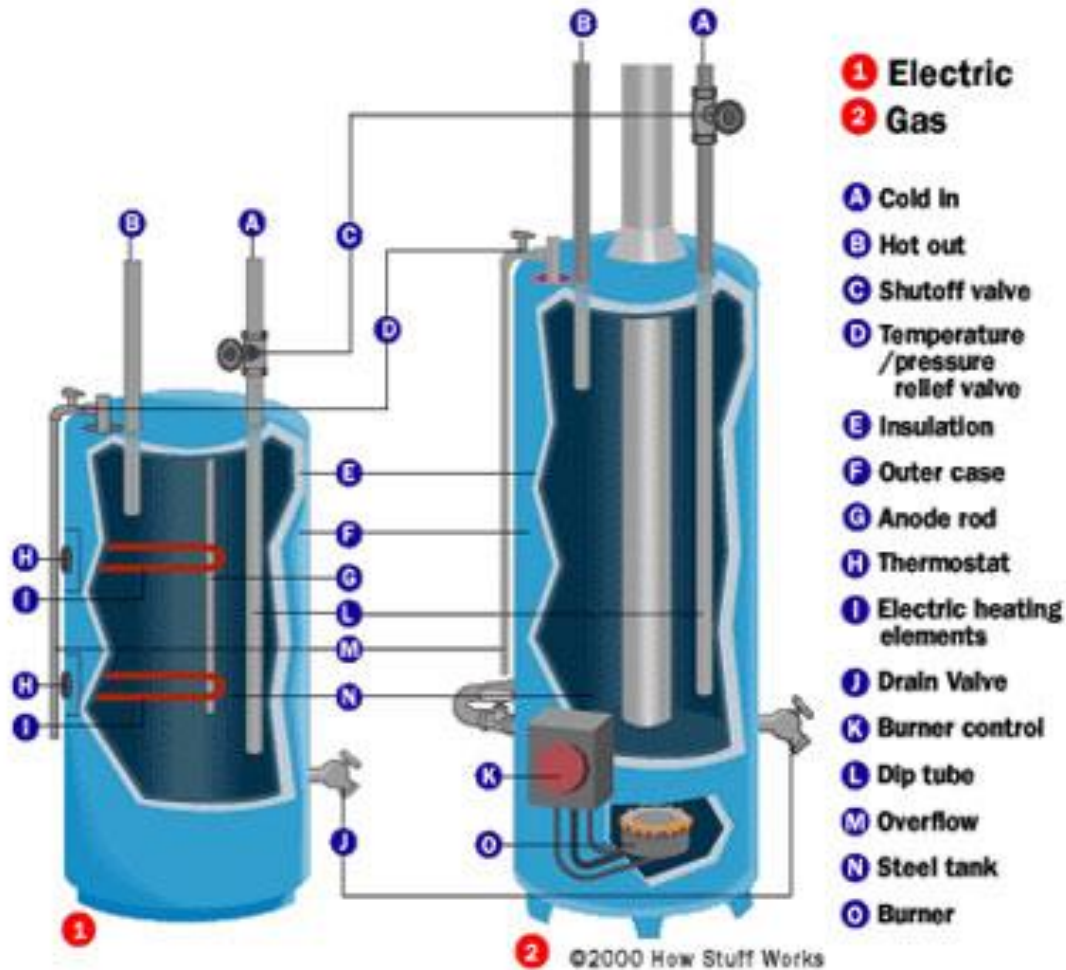
**Girls ages 9 to 18 - 2.1 to 2.3 liters**

# How Long Can I Go Without Water?

**3 - 7 Days, depending on Temperature, Humidity, Altitude and a host of other variables.**

<http://www.ready.gov/water>

# Homeowners Reservoir



# ***Water Considerations***

- **Well water? Power fail means no drinking water, no toilets**
- **City water? Loss of water pressure, means supply failure**
  - **Shut off your main water valve – Protects water already in the house**
- **Get a case of bottled water and put bottles in the freezer.  
Drinkable water doubles as ice to keep freezer cold.**
- **If you think there is a possibility of loss of water supply, fill the bathtub, sink(s), buckets. Buy a 5 gal. plastic water can and fill it.**

# Food

## How Much Do I Need?

Inactive – 1000 calories/day

Active – 1700 calories/day

# Food Safety in an Emergency

**Excellent References on Maintaining Food in an Emergency**

<http://www.ready.gov/food>

<https://www.foodsafety.gov/keep/emergency/index.html>

# Emergency Food Kit

## Typical Sources:

Augason Farms: <https://www.augasonfarms.com/emergency-food-supply>

Patriot Supply: <https://mypatriotsupply.com/collections/emergency-survival-food>

## Supplier Comparison:

Wesson Research:

[https://wessonresearch.org/?gclid=Cj0KCQiAk-7jBRD9ARIsAEy8mh5-8lQieNVdb\\_5lvGEL6wiGggR01zjwmkXp7lVUqMUvIJMQTpBWIUaAskZEALw\\_wcB](https://wessonresearch.org/?gclid=Cj0KCQiAk-7jBRD9ARIsAEy8mh5-8lQieNVdb_5lvGEL6wiGggR01zjwmkXp7lVUqMUvIJMQTpBWIUaAskZEALw_wcB)

## How about MRE's?

<http://www.mreinfo.com/us/mre/buying-mres.html>



# Keeping Cold Stuff Cold

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**40° F (4.5 ° C)**

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- **What about the freezer?**

**A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed.**

# Maintaining Your Kit

## Maintaining Your Kit

After assembling your kit remember to maintain it so it's ready when needed:

Keep canned food in a cool, dry place

Store boxed food in tightly closed plastic or metal containers

Replace expired items as needed

Re-think your needs every year and update your kit as your family's needs change.

# Maintaining Your Kit





# **6 Things to Know Before a Disaster Strikes**



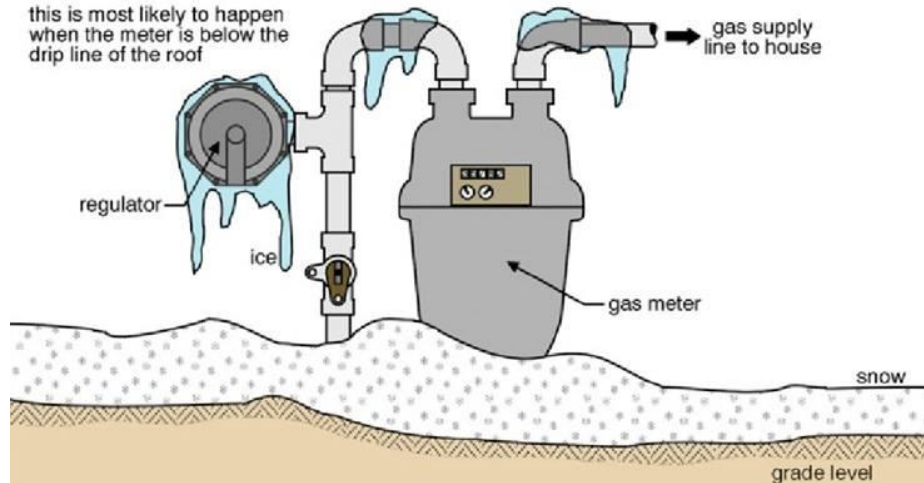
# Never Missing a Chance to Preach!



## Ice on regulator

ice build-up on regulators can block the vents and potentially allow excess gas pressure into the house

this is most likely to happen when the meter is below the drip line of the roof



**Questions?**