

## Disaster Supplies Kit

*(to last up to 72 hours)*

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffle bag. Basic supplies in your kit should be water, food, first aid supplies, clothing and bedding, tools, emergency supplies and special items.

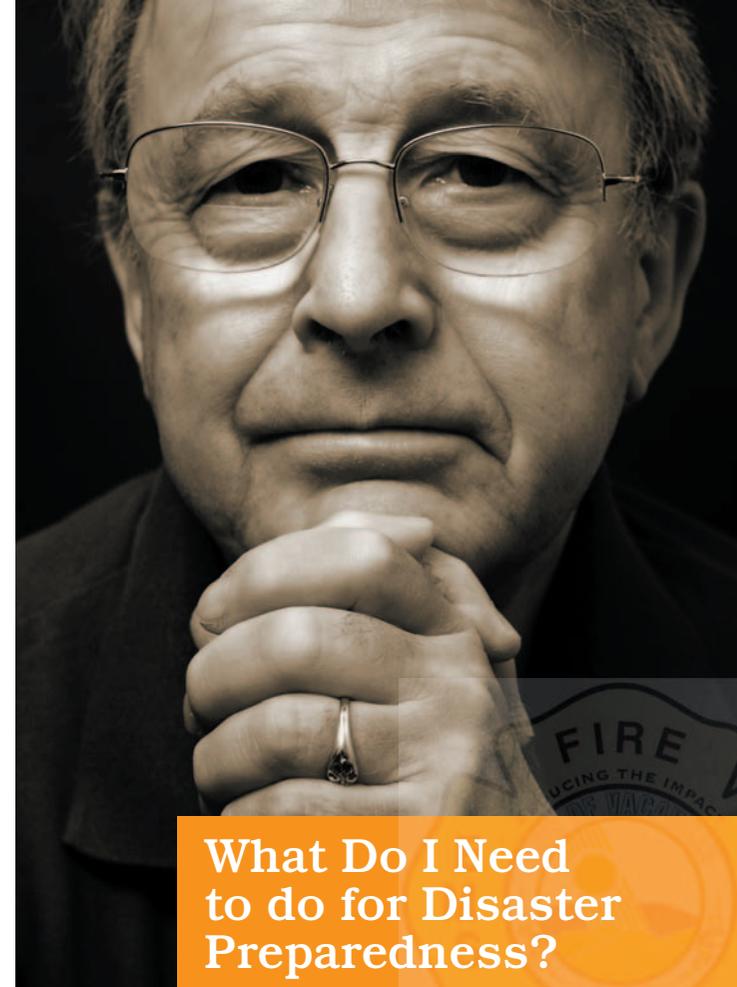
- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear, and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight, and plenty of extra batteries.
- Tools and supplies.
- Credit cards and cash.
- A list of important family information; the style and serial number of medical devices, such as pacemakers.
- Special items for infants, elderly, or disabled family members.

***Create a similar kit within your vehicle and office.***



*Sponsored by the  
Vacaville Senior Roundtable,  
the City of Vacaville  
and the Vacaville  
Fire Prevention Bureau*

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**What Do I Need  
to do for Disaster  
Preparedness?**

**Guide**

*prepared by the  
Vacaville Senior Roundtable  
and the Vacaville  
Fire Prevention Bureau*



# Be Prepared Before A Disaster!

Disasters happen anytime and anywhere. The next time a disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.

Learn how to protect yourself and cope with disaster by planning ahead. Planning what to do in advance is an important part of being prepared.

This guide will help you get started. Discuss these ideas with your family, and then prepare an emergency plan. Post the plan where everyone will see it – on the refrigerator or bulletin board. Also...

- Ask your employer about emergency plans.
- Learn about emergency plans for your grandchildren's school or day care center.

## Before A Disaster Strikes

The following are things you can do to protect yourself, your family, and your property in the event of an earthquake:

- Have all defective electrical wiring, leaky gas lines, and inflexible utility connections repaired.
- Bolt down and secure to the wall studs your water heater, furnace, and gas appliances. If recommended by your gas company, have an automatic gas shut-off valve installed that is triggered by strong vibrations.

- Place large or heavy objects on lower shelves. Fasten shelves, mirrors, and large picture frames to walls.
- Store bottled foods, glass, china, and other breakables on low shelves or in cabinets that fasten shut.
- Locate safe spots in each room under a sturdy table or against an inside wall. Reinforce this information by moving to these places during each drill.
- Hold earthquake drills with your family members: Drop, cover, and hold on!

## Have An Escape Route

In a fire or other emergency, you may need to evacuate your house, apartment, or mobile home on a moment's notice. You should be ready to get out fast.

- Develop an escape plan and draw a floor plan of your residence.
- Make sure to indicate two ways out of every room.
- Indicate the location of your Disaster Supplies Kit, in addition to your fire extinguishers and smoke alarms.
- Indicate your two meeting places: One outside of the home and one outside of your neighborhood.
- Practice emergency evacuation drills with household members two times each year.

## Create an Emergency Plan TODAY!

- Meet with family members. Discuss the dangers of fire, severe weather, earthquakes, and other emergencies.
- Discuss how to respond to each disaster that could occur.
- Discuss what to do about power outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Learn how to turn off the water, gas, and electricity at main switches.
- Post emergency telephone numbers near telephones.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative for family members to call if separated by disaster (it is often easier to call out-of-state than within the affected area).
- Take a basic First Aid and CPR class.
- Teach children how to make long distance telephone calls.
- Keep family records in a water and fire proof container.
- Pick **two** meeting places.
  1. A place near your home in case of a fire.
  2. A place outside your neighborhood in case you cannot return home after a disaster.