

Custer County CERT

72-Hour Family Emergency Kit and guidance

The 72-Hour Emergency Kit should be individually tailored to meet the basic survival needs of your family for three days to a week. Most families prefer to store their emergency supplies in one location that is relatively safe, yet easily accessible if evacuation is required. Items may be stored in a 32-gallon trash can, suitcase, duffle bag, backpack, footlocker or individual pack.

Emergency Needs

- Water Storage (1 gal./day/person)
- Essential Medications
- Hand crank Radio or battery powered with extra batteries.
- Non-Perishable Foods (1500-2000 calories per person per day) ***“Store what you eat, eat what you store.”***
- First Aid Kit & Manual
- Sleeping Bags & Blankets (wool & thermal)
- Hand crank Flashlight (One per person) or battery powered with extra batteries.
- Manual Can Opener
- Waterproof/Windproof Matches
- Water purification tablets and/or purification device
- Utility Knife
- Emergency Candles(as a last resort)
- Extra Eyeglasses/Contact Lenses
- Extra Clothing (short and long sleeve shirts, pants, socks, jackets, undergarments, etc.)

Suggested non-perishable food items: Ready-to-eat goods in unbreakable containers, canned meats, juice, fruits & vegetables, powdered milk, infant care foods, crackers, peanut butter, freeze-dried & dehydrated goods.

Rotate food and water every 6 months. Consult your pharmacist for how long your medication will last when stored. Rotate annually the batteries and medical supplies that contain adhesives.

Sanitation Kit

The first step is to keep your immunizations up to date.

- Plastic Bucket w/Tightly Fitted Lid
- Plastic Bags & Ties
- Disinfectant
- Improvised Toilet Seat
- Paper Cups & Plates
- Toilet paper
- Feminine hygiene
- Tooth brush and tooth paste
- Baby Supplies
- Aluminum Foil
- Paper Towels
- Personal Hygienic Needs
- Plastic Utensils
- Hand Soap
- Shovel

Other Emergency Needs

- Pencil & Paper (Ink pen can freeze or dry)
- Money (Small bills and coins)
- Address & Phone Numbers
- Work Gloves
- Basic Tools
- Duct tape
- Large trash bags
- Dust masks
- Wrench or pliers to turn off utilities
- Fire extinguisher
- Chlorine bleach and medicine dropper (Do **NOT** use scented, color safe or bleaches with added cleaners)
- Rain coat/poncho
- Blankets and emergency heat blankets
- 50 foot of rope or cord
- Pocket knife
- Books, games, puzzles or other activities for children.
- Pain management for children from injuries/teething etc.

Standard First Aid Kit

- First Aid Manual
- Aspirin or Pain Relievers
- Laxatives
- Rubbing Alcohol
- Diarrhea Medicine
- Petroleum Jelly
- Soap
- Gauze
- Band-Aid
- Triangular Bandage (36"x36"x52")
- Elastic Bandage
- Cotton Balls
- Cotton Swabs
- Safety Pins
- Scissors
- Thermometer
- Sanitary Napkins (Pressure Dressing)
- Disposable Diapers (Dressing/Splint/Padding)
- Micropore Adhesive, Paper Tape
- Matches
- Needles
- Tweezers
- Small Splints, Popsicle Sticks
- Heavy String
- Syrup of Ipecac
- Individual Medical Needs
- Salt
- Baking Soda (1/2 tsp. soda + 1 tsp. salt + 1 qt. water for shock)

Make Copies of All Legal and Personal Papers and store in a water proof container.

- Marriage License
 - House Mortgage
 - Vacation Home / Property Ownership
 - Automotive Ownership
 - Motor Home Ownership
 - Wills
 - Vaccination papers
 - Birth certificate
 - Social security card
 - Scriptures
 - Jewelry Appraisals
 - Drivers Licenses
 - Trailers, Snowmobiles, Boat Ownerships
 - Insurance Policies
 - Bank Accounts
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When Assembling Emergency Supplies for the Household, Include Items for Pets

- Extra pet food (The pet food should be dry and relatively unappealing to prevent overeating. Store the food in sturdy containers.)
 - Water – (½ gal / animal / day)
 - Kitty litter
 - Large capacity self-feeder and water dispenser / bowl(s)
 - Extra medications
 - Leash, for pets requiring them
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How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to purify the water by:

- Boiling
- Disinfection (household liquid bleach: 16 drops/gal. of water, stir & let stand 30 min.)
- Distillation (boil 2 pot water & collect the vapor by tying a cup to the upside down pot lid - the cup shouldn't dangle in the water--it will condense back to water in the cup)

Sources:

- Rainwater
 - Streams, rivers & other moving bodies of water
 - Ponds & lakes
 - Natural Springs
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Establish an Out-Of-State 24-Hour Telephone Contact

- Our out of state contact and number is:

_____ () _____ - _____

Calls out will not overload phone lines as will calls coming into a disaster area.

All relatives should be informed now on procedures to call the phone contact, not after a disaster has occurred. Individual location and status should be requested.

Take color pictures of every room plus pictures of valuables. Send one copy of legal papers and one copy of pictures to an out-of-state contact.

Plan How Your Family Will Stay in Contact if Separated by Disaster

Pick two meeting places:

1. A location a safe distance from your home in case of fire

2. A place outside your neighborhood in case you can't return home

Other Considerations

- Stock supplies to last several days to a week for each family member.
 - Be prepared to relocate to a shelter during a prolonged power outage.
 - Have extra cash (small bills) on hand in case electronic transactions (ATM card, credit cards, etc.) cannot be processed.
 - Work with your family in talking about the steps each needs to take to be ready if disaster happens.
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Meet with Neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Car Survival Kit

- Always Maintain at Least 1/2 Tank of Gas
- Class ABC Fire Extinguisher
- First Aid Kit & Manual
- Hand crank Radio or battery powered with extra batteries.
- Hand crank Flashlights or battery powered with extra batteries.
- Local maps
- Bag of Sand, Shovel & Tools
- Blankets or Sleeping Bags
- Reflectors & Flares
- Jumper Cables
- Short Rubber Hose for Siphoning

□ *Backpack / carry bag known as a “GO BAG” containing:*

- ◇ Non-Perishable Food
- ◇ Bottled Water
- ◇ One pair of quality socks and underwear
- ◇ Quality hiking boots/shoes
- ◇ Jacket, hat, and gloves
- ◇ Rain coat or poncho
- ◇ Toilet Paper
- ◇ Paper & Pencil
- ◇ Tissues, Pre-moistened Towels
- ◇ Plastic Bags
- ◇ Sun block
- ◇ Essential Medications, multi vitamins.
- ◇ Waterproof Matches & Candles
- ◇ 50 feet of nylon rope
- ◇ Knife
- ◇ Signaling devices – Whistle / mirror
- ◇ Manual can opener
- ◇ Eating utensils
- ◇ Compass
- ◇ List of what to take from your vehicle if you have to abandon it. (See list below)

Experts recommend you stay with your vehicle. Only if you have to abandon your vehicle, take with you the following from your car.

- ◇ GO BAG
- ◇ First Aid Kit & Manual
- ◇ Hand crank Radio or battery powered with extra batteries.
- ◇ Hand crank Flashlights or battery powered with extra batteries.
- ◇ Local maps
- ◇ Blankets or Sleeping Bags
- ◇ Flares

Custer County Contact for Emergency Preparedness
Custer County Office of Emergency Management
Christe Feldmann
719-783-2410 or 719-371-5137
ccoem@centurytel.net

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned.

Preparedness is everyone's job. Not just government agencies but all sectors of society -- service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen should plan ahead for disaster.

During the first few hours or days following a disaster, essential services may not be available.

People must be ready to act on their own.

THIS IS A MODIFIED LIST FROM THE COLORADO DEPARTMENT OF EMERGENCY MANAGEMENT
http://dola.colorado.gov/dem/public_information/emergency_kit.htm