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# WEEK 3

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## Grocery Store:

- 2 cans ready-to-eat soup\*
- 2 six packs fruit\*
- 2 cans vegetables \*
- 2 cans meat/chicken/tuna\*
- 1 box heavy-duty garbage bags with ties
- Sewing kit
- Disinfectant
- Antacid in child proof container

*\*One per person*

## Additional:

- Extra baby supplies (bottles, formula, diapers) if needed.
- Put extra eyeglasses in First Aid Kit

## Hardware Store:

- Pre-cut plastic for window coverings. Fold and place in ziploc bag; label for specific window
- Pliers
- Screwdriver (Philips & Standard)

## Action Steps:

- Place a flashlight, whistle and work gloves in your disaster kit.
- Make sure everyone in the house knows where to find gas and water meter shut-off valves and knows how and when to turn them off.
- Practice fire evacuation



*For more information on getting prepared please visit the following websites:*

[Pandemicflu.gov](http://Pandemicflu.gov)

[ready.gov](http://ready.gov)

[redcross.org](http://redcross.org)

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# WEEK 4

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## Grocery Store:

- 6-pack, 6 oz. juice
- Large plastic food bags
- 1 box high-energy snacks
- 3 rolls paper towels
- Toilet tissue
- Extra water

## Additional:

- Keep extra battery for cell phone & change for pay phones in case cell phones don't work
- Make sure all pet vaccinations are current and obtain medical records from veterinarian for disaster records kit.
- Litter and box

## Hardware Store:

- Waterproof portable container for important papers
- Wrench to turn off utilities

## Action Steps:

- Place important papers in safety deposit box
- Keep copy of will in the disaster kit. Keep original in safety deposit box.
- Photocopy important papers and store safely in sealed envelope with contents indicated on outside of envelope.
- Attach a wrench near each shut-off valve so it is there when needed.

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