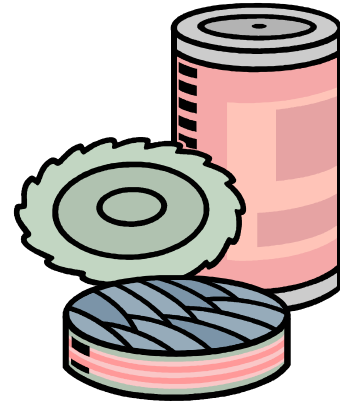


Food (rotate out of the kit every six months)

- ☑ Ready to eat canned meats, fruits and vegetables
- ☑ Canned soup, milk, juices
- ☑ Baby formula and powdered milk
- ☑ Stress foods like canned pudding, cookies and hard candy
- ☑ Staples, such as sugar, salt and pepper
- ☑ High energy foods, such as peanut butter, nuts, trail mix
- ☑ Manual can opener
- ☑ Something to heat water and cook safely. Do not use open flames or charcoal grills indoors.
- ☑ Eating utensils and cups/glasses



Medicines and First Aid Supplies



- ☑ Have 3-7 days of prescription medicines on hand
- ☑ Basic first aid kit
 - ☑ Sterile adhesive bandages in assorted sizes
 - ☑ 2" and 3" sterile gauze pads
 - ☑ Hypoallergenic adhesive tape
 - ☑ Triangular bandages
 - ☑ 2" and 3" roller bandages
 - ☑ Scissors, tweezers, needle
 - ☑ Aspirin or pain reliever
 - ☑ Vitamins
 - ☑ Rubbing alcohol, antiseptic
 - ☑ Anti-diarrhea medication
 - ☑ Cold and flu medications
 - ☑ Eye wash
 - ☑ Contact lenses and supplies
 - ☑ Denture needs

Sanitation

- ☑ Toilet paper
- ☑ Personal hygiene items, including feminine supplies
- ☑ Plastic garbage bags and ties
- ☑ Plastic bucket with tight lid
- ☑ Household chlorine bleach
- ☑ Soap, liquid detergent and waterless anti-bacterial soap
- ☑ Antibacterial wipes
- ☑ Diapers



Tools and Supplies

- ☑ Battery-powered AM/FM radio
- ☑ Flashlights with extra batteries and bulb
- ☑ Small ABC fire extinguisher
- ☑ Small tool box
- ☑ Extra keys for home and vehicles
- ☑ Emergency credit cards, travelers checks, cash
- ☑ Cloth towels
- ☑ Warm blankets, coats, gloves, hats, rain gear, and sleeping bags or a safe (UL approved) alternative heat source that is approved for indoor use.

Activities

- ☑ Puzzles, board games, cards, coloring books, crayons, pencils, and paper
- ☑ Books and magazine

Have an Evacuation Plan

- ☑ If you are asked to leave your home, do so immediately. Tune the car radio to a local news station and follow the instructions of emergency officials.
- ☑ Take your emergency kit.
- ☑ Lock your home.
- ☑ Use specified travel routes.
- ☑ Avoid downed power lines.
- ☑ As soon as you are out of danger, call your emergency contact to let them know you are safe.



Be Prepared to Shelter In Place

During a chemical emergency or a hazardous materials release, the safest option may be to remain inside and not try to evacuate. If told to shelter in place,



- ☑ Take your emergency kit.
- ☑ Close all windows and doors.
- ☑ Turn off the thermostat.
- ☑ Seal cracks in doorways and windows with plastic sheeting, duct tape, or towels.
- ☑ Listen to the radio or television for further instructions.
- ☑ If you think you are being exposed to fumes, put a wet cloth over your mouth and nose.
- ☑ When the “all clear” signal is issued, open all doors and windows and move outside until the building is aired out.

Know the Threat Levels

The Department of Homeland Security has established the following advisory system based on the risk of terrorist attack.





SEVERE THREAT – RED LEVEL – IMMINENT RISK

A terrorist attack has occurred or credible and corroborated intelligence indicates that one is imminent. Normally, this threat condition is declared for a specific location or critical facility.



HIGH THREAT – ORANGE LEVEL – HIGH RISK

Credible intelligence indicates that there is a high risk of a local terrorist attack but a specific target has not been identified.



ELEVATED THREAT – YELLOW LEVEL – ELEVATED RISK

Elevated risk of terrorist attack but a specific region of the USA or target has not been identified.



GUARDED THREAT – BLUE LEVEL – GENERAL RISK

General risk with no credible threats to specific targets.



LOW THREAT – GREEN LEVEL – LOW RISK

Low risk of terrorism. Routine security is implemented to preclude routine criminal threats.

Contact the Kentwood Fire Department for additional information about emergency preparedness.