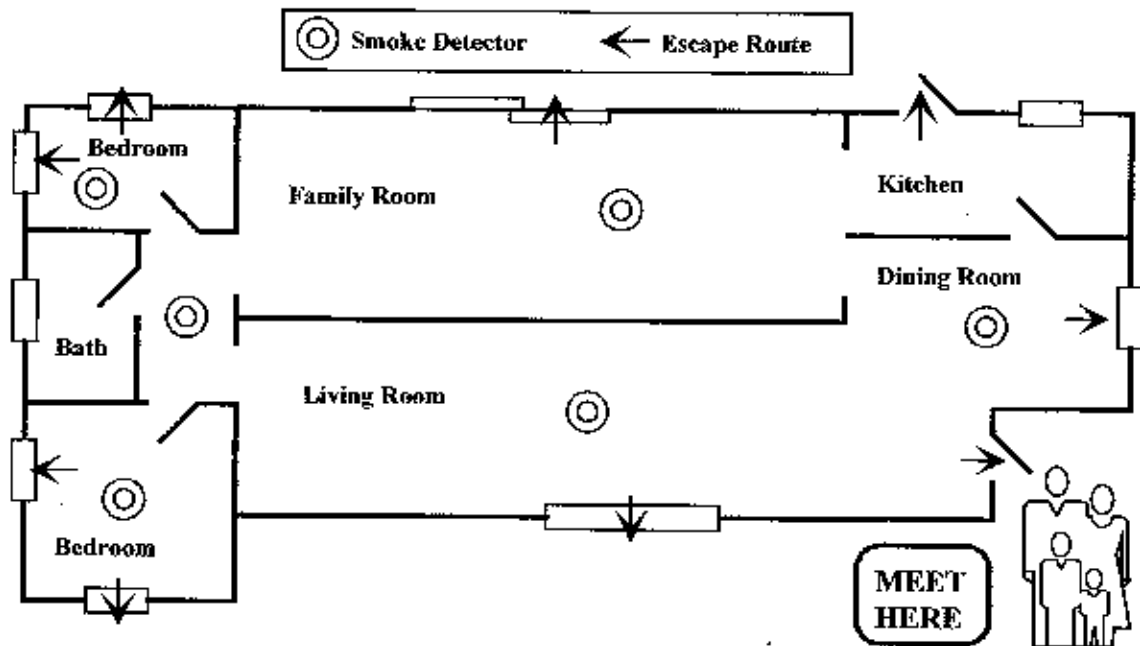


Escape Plan



Sample family escape plan with arrows showing an escape route from every room in the home and a family meeting place outside the home

It is important to have an escape plan that:

- Includes escape from every room of the house or every area of the workplace
- Considers the needs of children and individuals with disabilities

In most cases, homeowners won't have smoke alarms in every room, but it is important to have a smoke alarm at least on every level of the house.

## HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

### ASSEMBLING AND STORING DISASTER SUPPLIES

You can cope best by preparing for disaster before it strikes. One way to prepare is to assemble disaster supplies in multiple locations. After disaster strikes, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, you and your family can endure an evacuation or home confinement.

### TO PREPARE YOUR KIT

1. Review the checklist on the next few pages.
2. Gather the supplies from the list. Remember that many households already have many of the items needed for your kits. These items can be assembled in appropriate locations for quick access in an emergency, but used under normal circumstances whenever needed. For example, keep a wrench in your kit to shut off gas at the meter in an emergency, but use the wrench for everyday tasks, too. Just be sure to return it to the emergency kit.
3. Place the supplies you're apt to need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (\*).

### Water

Store water in plastic containers such as soft drink bottles.

- Look for the triangular recycling symbol with a number 1 on the bottom of the bottle as those are best for water storage. Avoid using containers that will decompose or break, such as plastic milk jugs or glass bottles.
- Wash the bottle with soap and warm water, fill with water from your tap, and store in a cool, dark area away from direct sunlight.
- Replace your emergency water every 6 months by repeating the process; like food and batteries, water does expire!

Keep in mind that a normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that requirement. Children, nursing mothers, and ill people will need more.

- Store 1 gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation and sanitation).\*
- Keep at least a <sup>2 week minimum</sup> ~~3-day~~ supply of water for each person in your household.

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COMMUNITY EMERGENCY RESPONSE TEAM

UNIT 1: DISASTER PREPAREDNESS

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**HOME AND WORKPLACE PREPAREDNESS (CONTINUED)**

If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for 1 minute or use commercial purification tablets to purify the water. You can also use regular household liquid chlorine bleach if it is pure 5.25% sodium hypochlorite. (Do not use perfumed bleach!) To purify water, use the table below as a guide:

**Ratios for Purifying Water with Bleach**

Water Quantity	Bleach Added
1 Quart	2 Drops
1 Gallon	8 Drops
5 Gallons	1/2 Teaspoon

**Note:** If water is cloudy, double the recommended dosage of bleach.

After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.

**Food**

Store at least a 3-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno®. Select food items that are compact and lightweight. Avoid salty foods if possible as they increase thirst. Include a selection of the following foods in your disaster supply kit. Check food and water expiration dates biannually.

- Ready-to-eat canned meats, fruits, and vegetables. *Don't worry about expire by date. look for rust/bulging*
- Canned juices, milk, soup (if powdered, store extra water)
- Staples — sugar, salt, pepper
- High-energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons, or persons on special diets
- Comfort and stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

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**COMMUNITY EMERGENCY RESPONSE TEAM**

**UNIT 1: DISASTER PREPAREDNESS**

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**HOME AND WORKPLACE PREPAREDNESS (CONTINUED)**

**Kitchen Items**

- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- All-purpose knife
- Household liquid bleach to treat drinking water
- Aluminum foil and plastic wrap
- Re-sealing plastic bags
- If food must be cooked, small cooking stove and a can of cooking fuel

**First Aid Kit\***

Assemble a first aid kit for your home and one for each car. (Note: This kit is not intended to supplement or replace a CERT member supply kit!) A first aid kit should include:

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Two-inch sterile gauze pads (4-6)
- Four-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- Needle
- Moistened towelettes
- Antibacterial ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleaning agent/soap
- Non-latex exam gloves (2 pairs)
- Cotton balls
- Sunscreen
- Three-inch sterile roller bandages (3 rolls)
- Four-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Hot and cold compress

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COMMUNITY EMERGENCY RESPONSE TEAM

UNIT 1: DISASTER PREPAREDNESS

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**HOME AND WORKPLACE PREPAREDNESS (CONTINUED)**

**First Aid Kit (contd.)**

**Nonprescription Drugs**

- Aspirin or nonaspirin pain reliever
- Antidiarrhea medication
- Antacid (for stomach upset)
- Allergy medication and if necessary, epinephrine

- Prescription Drugs *(build your supply)*  
*order before*
- Laxative
  - Vitamins
  - Activated charcoal (used if advised by the Poison Control Center)

**Tools and Supplies**

- Emergency preparedness manual\*
- Battery-operated weather radio and extra batteries\*
- Flashlight and extra batteries\*
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Duct tape
- Compass\*
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare(s)\*
- Paper, pencil\*
- Needles, thread
- Work gloves
- Medicine dropper

- Non-sparking shutoff wrench to turn off household gas and water
- Whistle
- Plastic sheeting *close up windows/water*
- Landline telephone
- Fuel for vehicle and generator

**Sanitation**

- Toilet paper, towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Liquid hand sanitizer
- Household chlorine bleach