

Basic Emergency and Disaster Checklist



It is important to be prepared for any disasters or emergencies that could affect your area.

The basic emergency and disaster preparedness checklist below will help you build a kit to keep you and your family safe during severe weather (earthquakes, hurricanes, snowstorms, etc.), power outages and other emergencies. Remember to store items in airtight plastic bags and put your kit in one or two easy-to-carry waterproof containers.



General

- Water** – one gallon per person per day
- Food** – nonperishable packaged or canned, enough to last three days
- Extra batteries
- Nonelectric can opener
- Disposable utensils, plates, napkins and cups
- Flashlights** – do not use candles
- Battery operated or hand-cranked radio
- Whistle to signal for help
- Dust mask to filter contaminated air
- Disinfectant wipes, garbage bags and plastic ties
- Wrench or pliers to turn off utilities
- Cash** – banks and ATMs may not be available
- Cellphone with chargers and a backup battery
- Complete change of clothing appropriate for your climate and sturdy shoes
- Set of car, house and office keys
- Personal hygiene and wellness products including soap, hand sanitizer, sunscreen, pain reliever, anti-diarrheal medicine, antacid and laxatives
- Sleeping bag or warm blanket for each person (according to your climate)



Medical

- Medications and medical supplies: a two-week supply and a document listing the names and dosage of your medications
- A list of any medical ailments and allergies
- A list of the style, serial number and manufacturer information of required medical devices
- Hearing aids/cochlear implants
- Prescription eyeglasses and contact lens solution
- First-aid kit



Important documents

- Insurance card and medical records
- Bank numbers and credit card numbers
- Copy of social security card, birth and/or marriage certificates and your will
- List of important phone numbers: doctors, banks, schools, veterinarian, out-of-town contact, friends and family



Pet care

- Service animal ID, veterinary records and proof of ownership
- Pet food, water and medications
- Proper identification and medical records/microchip info
- A carrier or cage, muzzle and leash
- Water and food bowls

Weather emergencies



Before the storm

- Make an emergency kit for your home and car.
- Clear your yard.
- Know how to turn off your gas, electricity and water in case you need to evacuate.
- Check your carbon monoxide (CO) detector's battery.
- Assign a safe room in your home, without windows, to stay in during a storm.
- Designate a shelter in your area in case you need to evacuate.
- Fill your car's gas tank.
- Move your vehicle into a garage or somewhere undercover.
- Pre-identify pet-friendly locations where you can take your pet in case of an evacuation.
- If needed, cover up windows and doors with storm shutters or plywood.
- If needed, fill clean containers, sinks and bathtubs with water.



After the storm

- Stay out of floodwater.
- Never use a wet electrical device.
- If the power is out, use flashlights instead of candles.
- Keep a fire extinguisher handy, and make sure your family knows how to use it.
- Prevent carbon monoxide poisoning.
- Stay away from damaged buildings and power lines.
- Use insect repellent with DEET, or picaridin, and wear long sleeves, pants and socks when you go outside.
- Clean up your home safely.
- Take care of your emotional health. Keep in touch with family, friends and others in your community.



Be ready for emergencies

Call your CenterWell primary care center if you have any questions regarding your health. In case of an emergency, always dial 911 for emergency services.

Sources: The Florida Division of Emergency Management (FDEM), Texas Division of Emergency Management, Centers for Disease Control (CDC), American Red Cross, and Ready.org