

**9th Marine Corps District**

**Emergency Preparedness...**

**Are you ready?**



## Why Prepare?

Being prepared can reduce fear, anxiety, stress and losses that accompany disasters. It is the responsibilities of all to know what to do in the event of a fire and where to seek shelter during a tornado. You should be ready to evacuate your home and take refuge in public shelters and know how to care for your basic needs and basic medical needs.

You should know how to respond to severe weather or any disaster that could occur in your area – hurricanes, earthquakes, extreme cold, flooding or terrorism. Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects, both to people and property.

You should also be ready to be self-sufficient for at least three days. This may mean providing for your own shelter, first aid, food, water and sanitation.

We here at the 9<sup>th</sup> Marine Corps District want to make you aware and inform you with information and resources on how to survive during a disaster.

***Remember, that a 72-hour kit should be designed to meet the needs of you and your family. Include foods that you and your family will eat and medication they require. Add small items that might keep your children occupied.***

### **Resources with websites:**

Military One Source – <http://www.militaryonesource.com>

Military Home Front – <http://www.militaryhomefront.dod.mil>

American Red Cross – <http://www.redcross.org>

Home Land Security –  
<http://www.ready.gov>

Emergency Kits from CTC -  
[www.EmergencyKitsRus.com](http://www.EmergencyKitsRus.com)



## **72-Hour Emergency Kit**

- Update you kit every six months (put a note in your calendar/planner) to make sure that all foods, water and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date and batteries are changed.
- Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.



### **Food and Water**

(A three day supply and water, per person, when no refrigeration or cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Meat, Vienna Sausages, etc (Pop-top can that open without a can-opener are ideal)
- Canned Juice
- Candy/Gum
- Water (1 Gallon/4Liters per person)

### **Bedding and Clothing**

- Change of clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blankets
- Cloth Sheet
- Plastic Sheet

### **Fuel and Light**

- Battery Lighting (Flashlights. Lamps)
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

### **Miscellaneous**

- Bag or Bags to put 72-hour kit items in (such as a duffel bags or back packs, which work great)
- Infant needs (if applicable)

### **Equipment**

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries)
- Pen and Paper
- Axe
- Pocket Knife
- Rope

### Personal Supplies & Medication

- First Aids Supplies
- Toiletries (roll of toilet paper-remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc)
- Cleaning supplies (mini sanitizer, soap, shampoo, dish soap, etc.)
- Immunizations Up-to-date
- Medication (acetaminophen, Ibuprofen, children's medication, etc.)
- Prescription Medication (for 3-days)

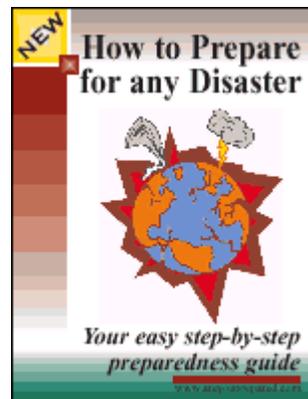


## Emergency Copies of Personal Documents

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\*\*Keep copies of personal documents with a trusted family member(s) that live outside of your geographic location.

- Social Security Cards
- Driver's Licenses
- Passports
- Marriage License from state
- Marriage Certificate from temple
- Birth Certificates
- University Degree Certificates
- University Transcripts
- Resumes
- Financial Investment paperwork (savings bonds, Roth IRAs, employment retirement, etc.)
- Mortgage Account Statements and/or mortgage payoff certificates
- Utility Bills (for contact info)
- Most current Tax Return
- Form that includes account numbers and policy numbers (credit cards, checking, savings, auto insurance, home owners/renters insurance, life insurance, etc.)
- Current Shot Records and any other important medical information
- Blood Types



### **Recommendation:**

After reading the many articles about people hit by Hurricane Katrina, you will want to make copies of all the above documents. It can be very difficult getting your life started again when all documentation of you and your life is destroyed. The articles suggested sending copies of personal documents to a family in another geographic location in case your copies/files have been destroyed (fire, natural disaster, etc.). Also you might want to add to the list as you see fit. After making the copies, put them in plastics document protector and in a three-ring binder. I also learned that is a good idea to have some cash on hand in case of a natural disaster, etc. because credit card machines, ATMs, so forth, might not be working. You might want to keep the cash with your folder of emergency documents and if you can a find fire-proof safe container to put them in. The cash should be in bills no larger than \$20, probably \$100 per person in your family (or what you deem fit).

## Listen for information

**Listen for information about what to do and where to go during an emergency. City, county and state officials have developed emergency plans. During an emergency, it is important to follow their instructions and advice.**

### **Other things to consider:**

- Know the emergency and evacuation plans for your workplace. (keep a supply of water and canned food, a flashlight, battery-powered radio, change of clothes and a pair of shoes at your desk or in your locker)
- Review the building's emergency and evacuation plans if you are a senior citizen or a disabled person living in a special care facility.
- Identify people who can help you during an emergency if you are disabled living at home or have special medical needs.
- Learn about emergency plans at your child's school or day care center. (make sure they have up-to-date contact information for you and another member of your family)
- Keep a small, portable emergency supply kit in your car at all times. (Include a gallon of water, several cans of food and manual can opener, a sleeping bag or extra blanket, extra money and first-aid supplies)
- Consider your pet when preparing for emergency.



**Discuss this information with your entire family**  
**Family Plan**

**Main Family Readiness:**

Your address: \_\_\_\_\_

Fire Telephone: \_\_\_\_\_

Police Telephone: \_\_\_\_\_

Emergency Medical Service Telephone: \_\_\_\_\_

**Family Information:**

Name							
Date of Birth							
Social Security No							
Usual Weekday Location							
Doctor							
Special Medical Info							
Medical Insurance Info							

\_\_\_\_\_ 's Workplace

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ 's Workplace

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ 's Workplace

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ 's School

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ 's School

Address \_\_\_\_\_

Telephone \_\_\_\_\_

\_\_\_\_\_ 's School

Address \_\_\_\_\_

Telephone \_\_\_\_\_

**Nearest relative**

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

**Plan how your family will stay in contact if separated by disaster.**

**Choose two meeting places:**

Location Name \_\_\_\_\_ Location Name \_\_\_\_\_

Address \_\_\_\_\_ Address \_\_\_\_\_

Telephone \_\_\_\_\_ Telephone \_\_\_\_\_

Designate a room in your home, if you have to stay for several days.

Room \_\_\_\_\_ (keep your emergency kit stored in this room)

Designate a place where your family will be able to stay for a few days in case of evacuation.

Location Name \_\_\_\_\_

Address \_\_\_\_\_ Telephone \_\_\_\_\_

**Here is a more in-depth 72-hour kit that you might want to consider:**

**Emergency Items**

- a. Water – (at minimum 1 gallon per-person, per-day)
- b. Sleeping bag and blankets
- c. Emergency preparedness instruction book
- d. Fire extinguisher (for home use)
- e. Cloth sheet
- f. Ax and Shovel
- g. Battery powered radio
- h. Flashlight & Extra Batteries

**Sanitation Kit**

- a. Plastic bucket with a tightly-fitted lid
- b. Plastic bags and ties
- c. Toilet paper and paper towels
- d. Disinfectant
- e. Feminine hygiene needs
- f. Soap

**Food (suggestions-put in foods that you and your family will eat)**

- a. Dehydrated foods
- b. Meats (tuna, spam, Vienna sausages, etc.)
- c. Peanut butter
- d. Canned juices
- e. Dried fruits
- f. Crackers
- g. Powdered milk
- h. K-Rations

**Infant care**

- a. Canned milk, formula, bottles
- b. Diapers
- c. Other items as necessary

**Stress Food**

- a. Sugar cookies
- b. Sweetened cereal
- c. Hard candy
- d. Gum

**Miscellaneous**

- a. Paper and pencils
- b. Paper cups, plates, plastics utensils
- c. Can opener and utility knife
- d. Extra socks
- e. Extra underwear
- f. Dish pan



- g. Coloring book and crayons (for children)
- h. Matches (water-proof)
- i. Cash in envelopes

### **Standard First Aid Kit**

Basic emergency home storage should include first aid supplies. Store first aid supplies together in a metal, wood, straw, or plastic container with a tightly fitted cover. Supplies may be kept organized by dividing the box into compartments. Although you should check with your family doctor for any specific medicines and supplies that your family might require for an emergency, the following items are standard first aid supplies:

- a. Adhesive tape
- b. Ammonia
- c. Antibiotic ointment
- d. Bicarbonate of soda
- e. Calamine lotion (for sunburn and insect bites)
- f. Diarrhea remedy
- g. Elastic bandages
- h. Gauze bandages
- i. Hot-water bottle
- j. Hydrogen peroxide
- k. Ipecac syrup (includes vomiting)
- l. Knife
- m. Matches
- n. Measuring cup
- o. Medicine dropper
- p. Needles
- q. Paper Bags
- r. Razor blades
- s. Rubbing alcohol
- t. Safety pins
- u. Soap
- v. Thermometer
- w. Triangular bandages
- x. Tweezers
- y. First aid instruction book
- z. Medications prescribed by a physician



Remember that first aid kits and supplies should be checked and replenished regularly. Old or contaminated supplies are unsafe and should be replaced. All supplies should be labeled and organized for fast use (another important emergency precaution is to have tetanus immunization regularly – at least every ten years. When deep or dirty wounds occur, a booster shot is recommended).