

Did you know many components of personal preparedness apply to more than one type of disaster?

Preparing to cover you and your family's basic needs if you cannot leave your home – or must evacuate – can apply to several types of disasters such as wildfire, earthquake, and a pandemic!

Make a Plan with Your Family!

- Assign an out-of-state contact for all loved ones to check-in with.
- Create a contact list for children's care givers/school and a back-up plan for unexpected pick-ups or closures.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Keep hard copies and electronic versions of health records for personal reference.



Build a Kit & Keep it Stocked!



Consider what you would need most if you couldn't go to your local market or receive an order from Amazon, Instacart, etc.

- Non-perishable food (can be kept in pantry)
- Pandemic/illness resources
- Keep extra consumable products on hand
- Prepare a kit for home, work and vehicle
- Rotate your supplies every 6 months



You're not limited to canned fish or beans! Buy non-perishable food you'll want to eat.

General Preparedness Resources

- Drinkable water (1 gallon/person/day)
- Flashlights with extra batteries or solar recharge
- Propane stove in case you cannot use your kitchen
- First aid kit and toiletries
- Sturdy shoes and a change of clothes
- Cash in small bills
- Items specific to your family's needs: pet food, diapers, wipes, formula
- Whistle to signal for help
- Dust mask, plastic sheeting, and duct tape to help clean up or shelter in place
- Moist towelettes, soap, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers for turning off utilities
- Manual can opener for food
- Cell phone charger and back up battery
- Matches in waterproof container

Add Pandemic / Illness Resources to Your Kit:

- Thermometer
- Fever/pain reducing medications
- Stomach remedies
- Cough and cold medicines
- Fluids with electrolytes
- Disinfectant wipes/spray and/or bleach
- Hand soap
- Tissues
- Alcohol based hand sanitizer
- 60-day supply of medications



Camping gear is a great start to your preparedness kit! Consider adding fun things like a deck of cards or games.



If you live in a location prone to PSPS, be cautious of stocking too much perishable food in your refrigerator and freezer during fire season.