

## Recommended Supplies to Include in a Basic Kit

Water – one gallon per person per day, for drinking and sanitation

Food – at least three-day supply of non-perishable food

Battery-powered or hand-cranked radio

Flashlight and extra batteries

First-aid kit

Whistle to signal help

Filter mask or cotton T-shirt, to help filter the air

Moist towelettes for sanitation

Wrench or pliers to turn off utilities

Manual can opener for food (if kit contains canned food)

Plastic sheeting and duct tape for shelter-in-place

Garbage bags and plastic ties for personal items

Unique family needs, such as prescription medications, infant formula or diapers, and important family documents

Pet food and extra water for your pet

Personal documents in waterproof container

## ★ RESOURCES ★

Kentucky Office of Homeland Security  
[www.homelandsecurity.ky.gov](http://www.homelandsecurity.ky.gov)

Kentucky Emergency Management  
[www.kyem.ky.gov](http://www.kyem.ky.gov)

Disaster Assistance.Gov  
[www.disasterassistance.gov](http://www.disasterassistance.gov)

Ready.Gov  
[www.ready.gov](http://www.ready.gov)

Citizen Corps Council  
[www.ready.gov/citizen-corps](http://www.ready.gov/citizen-corps)

Federal Emergency Management Agency  
[www.fema.gov](http://www.fema.gov)

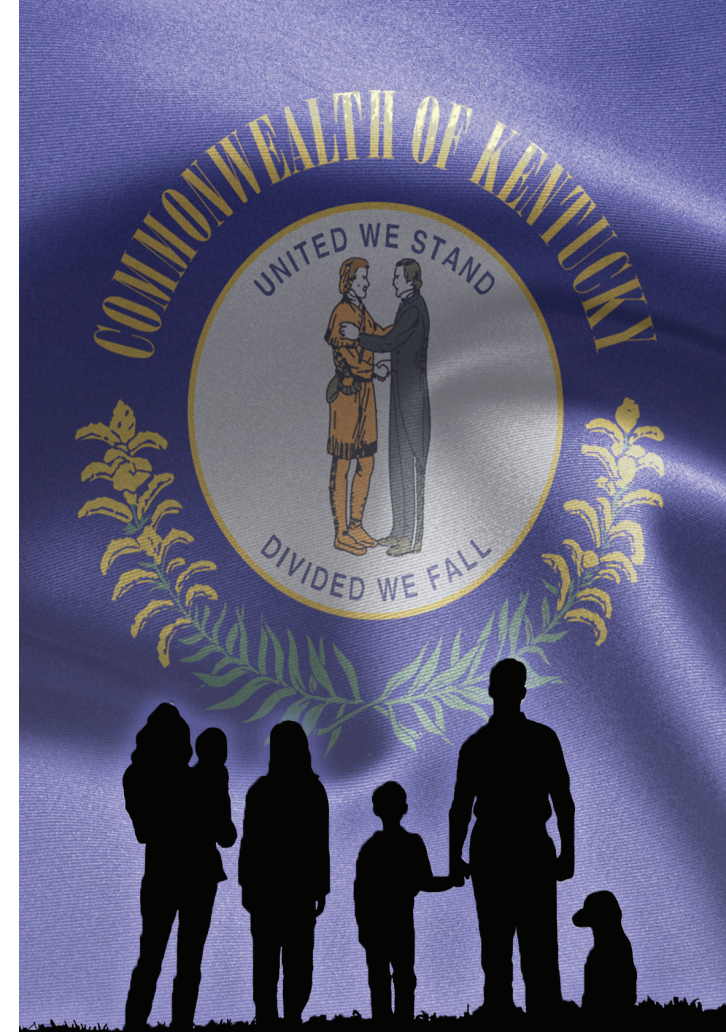
American Red Cross  
[www.redcross.org](http://www.redcross.org)

U.S. Department of Homeland Security  
[www.dhs.gov](http://www.dhs.gov)

This document was prepared under a grant from FEMA's Grant Programs Directorate, U.S. Department of Homeland Security. Points of view or opinions expressed in this document are those of the authors and do not necessarily represent the official position or policies of FEMA's Grant Programs Directorate or the U.S. Department of Homeland Security.

\*\*\*

The safety and security of the Commonwealth cannot be achieved apart from reliance upon Almighty God as set forth in the public speeches and proclamations of American Presidents, including Abraham Lincoln's historic March 30, 1863, Proclamation urging Americans to pray and fast during one of the most dangerous hours in American history, and the text of President John F. Kennedy's November 22, 1963, national security speech which concluded: "For as was written long ago, 'Except the Lord keep the city, the watchman waketh but in vain.'" – Kentucky Revised Statute 39A.285(3).



Developing a

## PLAN and KIT to Protect Your Family

from Natural or Man-Made Disasters



[www.homelandsecurity.ky.gov](http://www.homelandsecurity.ky.gov)

# Developing a PLAN and KIT to Protect Your Family from Natural or Man-Made Disasters

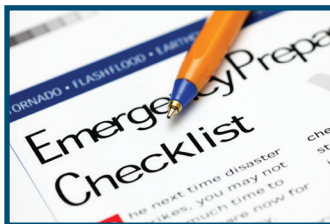


Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.

First of all, be informed about what might happen. Find out what kinds of disasters, both natural and man-made, are most likely to occur in your area and how you will be notified.

You must have the tools and plans in place to make it on your own, at least for a period of time, no matter where you are when the disaster strikes. Preparing for the unexpected makes sense.

Be prepared to adapt the information you learn to your personal circumstances and make every effort to follow instructions received from authorities on the scene. With simple preparations, you can be ready for a catastrophe.



## Make a PLAN



Emergencies can range from the inconvenient to the devastating, but you can take some simple preparedness

steps in advance to minimize the impact on your family.

Inquire about emergency plans at places where your family spends time: work, daycare, and school. If no plans exist, consider volunteering to help create one.

Talk to your neighbors about how you can work together in the event of an emergency. You will be better prepared to safely reunite your family and loved ones during an emergency if you think ahead and communicate with others in advance.

Sometimes there are situations when you should stay put and create a barrier between yourself and potentially dangerous contaminants. This is a process known as shelter-in-place.

## Get a KIT



After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days.

Basic services, such as electricity, gas, water, sewage treatment, and telephones, may be cut off for days or even weeks.

You may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity



to shop or search for the supplies you will need following a disaster.

A supply kit can help your family stay safe and be more comfortable after a disaster.

You should consider making two kits – one for when you stay in your shelter-in-place and the other a lightweight, smaller version when you have to get away quickly.

## Communications PLAN



Choose two places to meet: right outside your home in case of a sudden emergency and outside your neighborhood if you can't return home.



Pick a family contact in another state who everyone can contact if separated in an emergency.

Remember that cellular towers and the telephone system may not work immediately following an emergency. Deciding who will pick up the kids and where to meet are questions that need to be addressed before a disaster strikes.

### KENTUCKY OFFICE OF HOMELAND SECURITY

200 Mero Street  
Frankfort, KY 40622  
Phone: 502-564-2081  
Fax: 502-564-7764

[www.homelandsecurity.ky.gov](http://www.homelandsecurity.ky.gov)

