

BUILD A 72-HOUR KIT

After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones, may be unavailable. Experts recommend that you should be prepared to be self-sufficient for at least three days. The following lists of items will help you put together your emergency kit and go-bag. Bring these lists with you to the grocery and hardware stores to supplement any of these items that you don't already have at home.

Your basic emergency kit should include:

- Water- one gallon of drinking water per person and pet per day; rotate every 6 months
- Food- ready to eat or requiring minimal water, such as: canned tuna, canned fruit and vegetables, canned beans, raisins, peanut butter, granola bars, canned milk. For children, include comfort food and other items your family will eat
- First Aid kit- two pairs disposable gloves, sterile dressing, cleansing agent/soap, antibiotic ointment, burn ointment, adhesive bandages, eye wash, scissors, diarrhea medication, prescription medications and prescribed medical supplies
- Essential medications
- Manual can opener
- Flashlight
- Radio—battery operated
- Batteries
- Cash in small denominations
- A copy of important documents & phone numbers
- Unscented liquid household bleach for water purification
- Personal hygiene items including toilet paper, feminine supplies, and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat and rain gear
- A local map
- Extra prescription eyeglasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Blanket or sleeping bag
- Extra keys to your house and vehicle
- Large plastic bags for waste and sanitation
- Diapers and other items for babies and small children
- Special need items for family members with mobility issues such as an extra cane or manual wheelchair in case there is no power for recharging and electric wheelchair
- For your pets, drinking water, bowls, food, cat litter, extra leash and/ or pet carrier, toys, veterinary records

Have a Go-Bag

A go-bag is for use in the event of an evacuation. Be sure that your bag is easy to carry and that it has an ID tag. Prepare one for each family member. Keep a go-bag at home, at work and in your vehicle. Include the following:

- Some water, food, and manual can opener
- Flashlight
- Radio—battery operated
- Batteries
- Whistle
- Personal medications and prescriptions
- Extra keys to your house and vehicle
- Basic First Aid kit and instructions
- Walking shoes, warm clothes, a hat, and rain gear
- Extra prescription eye glasses, hearing aid or other vital personal items
- Toilet paper, plastic bags and other hygiene supplies
- Dust mask
- Pocket knife
- Paper, pens and tape for leaving messages
- Cash in small denominations
- Copies of insurance and identification cards
- A recent picture of your family members and pets
- In your child's go-bag include a favorite toy, game or book as well as his or her emergency card with reunification location and out-of-area contact information



For more information contact:

Occupational Health and Safety
933 19th St. South CH-19 Rm. 445
Birmingham, AL 35294
(205) 934-2487
www.healthsafe.uab.edu
Safety@uab.edu