

STEP 5. A PORTABLE 72-HOUR KIT IN CASE OF EVACUATION

- Have a grab-n-go emergency kit in a backpack or easy to carry container
- Purchase a Red Cross Kit or assemble your own
INCLUDE THE FOLLOWING:
 - A water supply (small cartons or bottles)
 - Non-perishable packaged or canned food, can opener, multi-purpose tool with knife, pliers, etc.
 - Shoes, raingear, extra clothing, leather gloves
 - A light blanket or sleeping bag
 - First Aid items and prescription drugs
 - Extra pair of glasses
 - Battery or wind-up powered radio and flashlight (extra batteries as needed)
 - Credit cards or cash (use discretion)
 - Extra set of car and house keys
 - List of family physicians
 - Special needs for infants or elderly
 - Face masks
 - Whistle
 - Trash bags and plastic ties
 - A list of insurance policies and other vital contact information



EMERGENCY PREPAREDNESS RESOURCES:

REDCROSS.ORG
PROVIDENTLIVING.ORG

OES.CA.GOV
FEMA.GOV



ARE YOU PREPARED?

Disaster can strike quickly and without warning, sometimes isolating entire neighborhoods. As Hurricane Katrina reminded us, neighbors may need to rely upon each other and their own resources for several days before help arrives.

Orange County authorities strongly urge each family to be self-sustaining for at least five days.

Neighbors Helping Neighbors is a simple way to prepare for emergencies such as a major earthquake or terrorist attack. This program focuses on five easy steps to being prepared.

We invite you to meet with your immediate neighbors to discuss these steps and follow them together.

BEING PREPARED SAVES LIVES
AND BRINGS PEACE OF MIND !

NEIGHBORS HELPING NEIGHBORS IS A SIMPLE FIVE-POINT PREPAREDNESS PLAN:

- STEP 1.** An emergency communication plan
- STEP 2.** An emergency supply of water for 5 days.
- STEP 3.** An emergency supply of food for 5 days.
- STEP 4.** A good first-aid kit.
- STEP 5.** A portable 72-Hour Kit in case of evacuation.

Use this brochure as a checklist for accomplishing these 5 steps with your neighbors.



STEP 1. EMERGENCY COMMUNICATION PLAN

- Neighbors should have a communication plan and share emergency contact information, including children's school telephone numbers.
- The American Red Cross suggests each family designate a person in another state as an emergency contact for family members. Exchange this information with neighbors.
- Exchange cellular, work and home phone numbers, know the names of pets, and be aware of neighbors' special needs or medical requirements.
- Keep this information readily accessible, such as posting it inside a pantry door.
- Where feasible, purchase two-way radios (battery operated).

STEP 2. WATER SUPPLY FOR 5 DAYS



- **HOW MUCH?** One gallon per person per day.
- **STORAGE?** In plastic containers (like soft drink bottles) kept in a dark, cool place. Refresh stored tap water every six months.
- Keep plastic containers in cardboard storage boxes to help block out light.
- If feasible, store 50-gallon plastic drums in garage or shed.
- A home water heater is another source.

STEP 3. FOOD SUPPLY FOR 5 DAYS



- Store food not requiring cooking or refrigeration.
- Store non-perishable foods your family normally eats.
- Store foods in cans (with manual opener), not in glass jars.
- Rotate food supply regularly at least once each year.
- Sample menu of essential daily nutrients (2,000 calories):
 - Canned tuna or pork & beans
 - Nonfat dry milk (1/2 lb per person)
 - Graham Crackers (1/2 lb per person)
 - Dried apricots (1/2 lb per person)
 - Canned orange or tomato juice
 - Peanut butter (1/2 lb per person)

STEP 4. A GOOD FIRST AID KIT IN EVERY HOME

Purchase or build one with these basics:

MEDICATION

- Antibiotic ointment
- Aspirin tablets
- Ipecac (causes vomiting)
- Pepto Bismol (for nausea and upset stomach)
- Prescription medications

DRESSINGS

- Adhesive tape, 2" wide roll
- Sterile bandages, 2" and 4" roll
- Large bandages, triangular
- Bandages, plastic strips
- Cotton-tipped swabs
- Rubbing alcohol
- Sterile absorbent cotton
- Ace bandages
- Butterfly bandages
- Gauze pads

MISCELLANEOUS

- Scissors, tweezers, needles, latex gloves, sunscreen

