

# ESP FOCUS

## Update Emergency Supplies



In our busy lives, we count on many conveniences. We drive along the roads and highways to our destinations. We buy gas when we run low. We pick up a few last minute groceries or some tasty take-out food on the way

home from work. At the turn of a faucet, a switch, or a thermostat, our utilities service our homes and workplaces. We take these conveniences completely for granted. However, emergency planning experts advise that it might be very hard to get water, emergency supplies or equipment after a major flood, fire, earthquake, or terrorist attack.

There are two reasons for this.

First, certain items are in greater demand in an emergency than other times. For instance, we use things like flashlights, first aid kits, or battery-powered radios more often in an emergency than in normal times. Other items, like diapers and baby formula, are essential all the time, so families buy more than normal in order to avoid running out.

The other reason is that an emergency can temporarily interrupt lines of supply for critical goods and services. Roads or distribution centers may be damaged. Stores may be damaged or their supplies depleted. Utilities like telephones, gas, electricity, or pipelines may be temporarily disrupted.

The wise thing to do is to consider the items that your family will need to be safe and secure in an emergency, and to make sure that you have enough of these things in a convenient place to last your family for three days *before* the emergency occurs.

### TAKE ACTION

On the other side of this sheet, you will find checklists of the types of supplies and equipment that you might need at home, at work, and in your car. Don't let events catch you by surprise. Personalize these lists for your family and co-workers, and make it a priority to get these things together now.

### LEARN MORE

Knowledge is power. What you learn now about your family's needs after an emergency will help ensure they have enough food and necessities and will give you extra peace of mind.

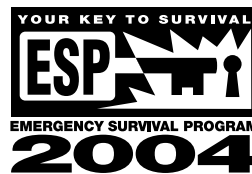
### CHECK THESE WEBSITES

[www.esp.focus.org](http://www.esp.focus.org) (Emergency Survival Program)

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

[www.hsus.org](http://www.hsus.org) (Humane Society)

[www.oes.ca.gov](http://www.oes.ca.gov) (California Governor's Office of Emergency Services)



# M A R C H

[www.espfocus.org](http://www.espfocus.org)

## WHAT YOU CAN DO NOW

As part of your family planning process, personalize the lists below to decide what you need to put together to ensure your family has food, water, and other essential supplies for the first 72 hours (three days and nights) after an emergency. (This is the amount of time that emergency experts think it might take for normal deliveries of supplies and services to stabilize.)

Remember that you don't know exactly where you might be when the emergency strikes, so it is wise to have a backpack with a few emergency supplies in places besides your home, such as your car or work place.

### AT HOME

- One gallon of drinking water per person per day
- Additional water for washing, for pets, and for cooking
- Non-perishable food for family members and pets for three days
- First aid books and supplies
- Flashlights, portable radios and extra batteries for both
- Tools
  - An adjustable wrench to turn off gas at the meter if you smell gas
  - A crowbar to move debris or pry open a door or window
  - A square-ended shovel to remove broken glass
  - A heavy-duty broom
  - Thick work gloves
  - Dust masks
  - Safety goggles
- Camping gear, sleeping bags, rope, tents or tarpaulins for temporary shelter
- Soap and sanitary supplies
- A non-electric can opener
- Paper plates, utensils, trash bags
- An all-purpose (ABC) fire extinguisher
- Emergency cash
- Photos of family members and pets
- Copies of key documents, contacts, and family emergency plan

### SPECIAL SUPPLIES

- Food and supplies for infants and toddlers
- Prescription medications and copies of prescription orders
- Mechanical walking aids (wheelchair, walker, crutches or canes)
- An emergency generator, in case a family member is on battery-operated life-support equipment or other medical devices

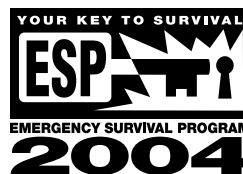
- Hearing aids and extra batteries
- Extra eyeglasses

### IN YOUR CAR AND AT WORK

- Drinking water
- Non-perishable food and snacks
- Flashlight
- Portable, battery-operated radio
- Extra batteries
- Space blanket
- Personal hygiene supplies
- Trash bags and ties
- Fire extinguisher
- Walking shoes
- Jacket
- Gloves
- Dust mask
- A whistle
- Notebook and pencil
- Maps
- Cash in small bills and coins

### SAFETY TIPS

- Use only clean plastic water containers to store water. Never use bottles that used to contain bleach, milk or juice.
- Label the date of purchase on food items without an expiration date.
- If your power has gone out, even for a little while, be careful of food spoilage. Use items from the refrigerator first, and then use items from the freezer.
- Never carry aerosol cans in your car; they can explode on hot days.
- Don't purchase gas masks or stockpile antibiotics.



This focus sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase home, neighborhood, business and school emergency preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, Santa Cruz, and Ventura counties, Southern California Edison, the Southern California Earthquake Center and the American Red Cross assist in the development of campaign materials and coordination of the campaign.