

## **Lesson 1: Building a Family Emergency Supply Kit**

### **Parent/Guardian Instructions:**

- Review the building a family emergency supply kit basic list.
- With your child(ren) build a family emergency supply kit unique to your family needs.
- Find an easily accessible location in your home for the emergency supply kit.
- Review the location of the emergency supply kit with all family members.

### **Lesson Discussion:**

Disasters can happen at any time or place. In an event of a disaster, first responders may not be able to reach you right away. We encourage our citizens and their families to be prepared for at least 72 hours. At a minimum, your emergency supply kit should include the following:

- Flashlight
- Battery-powered radio
- Extra batteries, which should be replaced every six months
- Whistle
- Snack food, such as energy bars, trail mix, cheese and crackers, beef jerky or dried fruit, to last at least three days
- Canned or non-perishable food for three days
- Manual can opener
- Bottled water, at least one gallon per person per day with a recommendation of a three day supply (3 gallons per person per day)
- At least a three-day supply of any required medications, including any non-prescription medications you normally take. Talk to your doctor or pharmacist about how all medications should be stored
- Basic first aid kit
- Include items for family members with special needs, elderly, infants and pets
- Tools and other supplies:
  - A blanket for each family member
  - Personal hygiene items for each member to include toothbrush, toothpaste, comb or brush, soap, contact lens supplies and feminine hygiene items
  - An extra pair of eyeglasses, if someone wears them

### **Parent/Guardian and Child (ren) Activity:**

- Build an emergency kit with your child (ren) for your family.
- Take a picture of the emergency kit.
- Tell us the location of your emergency kit in your house.
- Return the picture along with the completion form to the address on the form or the predestinated locations.