



Be prepared to evacuate or shelter-in-place in the event of an emergency such as flood, fire, power shut-off, or other disasters.



FOR MORE INFORMATION, VISIT:

BePreparedSutter.org

Developed by Yuba-Sutter Access & Functional Needs (AFN) Workgroup





To help you **evacuate** or **shelter-in-place** in the event of an emergency, collect enough of these **nine essential items** to last at least three days:

Shelter-in-place: To remain inside a building or vehicle.

Note: Consider keeping an emergency kit in common places (home, car, workplace, on-the-go).

1 WATER



One gallon per person, per day. More water may be needed during hot weather or for those who are sick.

2 FOOD



Enough **non-perishable foods** for each person (canned or packaged). Consider food allergies and sensitivities.

3 CLOTHES



One change of clothes and shoes, per person. Also consider: all-weather/rain jacket, gloves, hat, scarf, linens, pillow, sleeping bag.

4 HEALTH SUPPLIES



Prescriptions and other medications, eyeglasses or contact lenses, inhaler, hearing aids and batteries, syringes, medical alert tags, glucose monitor, oxygen tank or concentrator.

5 PERSONAL CARE



Basic items like soap, toothbrush, toothpaste, toilet paper, hand sanitizer, facial mask, and other hygiene products.

6 SAFETY



First aid kit, emergency blanket, whistle, trash bags, paper towels, alcohol disinfectant, dust mask, and thermometer.

7 ELECTRONICS



Cell phone, flashlight, radio, laptop/tablet with chargers, back-up hard drives, extra batteries for general and medical supplies.

8 TOOLS



Extra cash, spare keys, credit/debit cards, matches/lighter, manual can opener, local maps, multipurpose tool, pen and paper, and utensils to eat, drink, and cook with.

9 DOCUMENTS



Copies of vital records (emergency contacts, photo ID, medical information, financial records, property records, etc.), personal items (photos, irreplaceable items, etc.), instructions for medical equipment.

Other Items to Consider:

CHILDREN



Baby bottles, formula, food, toys, and blanket; diapers, and games / fun activities for the family.

PETS



Food, water, leash, carrier, medication, medical records, photo ID, toys, bowls, litter box, and grooming tools.

TIPS



Full tank of gas for vehicles (recommended to always fill-up at half-tank of gas).