

FIRST AID CHECKLIST

- Adhesive tape
- Sterile gauze pads
- Antiseptic wipes
- Pain reliever (and prescription medications)
- Adhesive bandages, assorted sizes
- Triangular bandages
- Cough medicine
- Diarrhea medication
- First aid book
- Flexible gauze
- Instant cold pack
- Scissors
- Soap
- Splint material
- 1 package paper tissues
- Thermometer
- Tweezers
- Container to hold first aid items
- Other desired items

SUPPLIES FOR PREPARING MEALS IN AN EMERGENCY

- Cooking utensils
- Kitchen knives
- Disposable plates
- Disposable forks, spoons and knives
- Disposable hot and cold cups
- Paper napkins or towels
- Nonelectric can opener
- Trash bags
- Sterno heater or camp stove with a 7 day fuel supply
- Matches in waterproof containers
- Heavy duty aluminum foil
- Other utensils available at home
- Additional water in containers (if food preparation requires water)
- Dish soap
- Emergency food supply

SEVEN DAY EMERGENCY FOOD SUPPLY (Suggested List)

<u>Food</u>	<u>Shelf Life in Months</u>
<input type="checkbox"/> Milk	
Nonfat dry milk6
<input type="checkbox"/> Canned Meat, Poultry, Fish	
Tuna12
Beef Stew12
Chili with beans18
Vienna Sausage18
Deviled ham18
Pork and beans18
Chunk chicken18
Assorted condensed soups12
<input type="checkbox"/> Dehydrated/Freeze Dried Vegetables	
Meats, casseroles, egg dishes, vegetables	varies 3 10 years
<input type="checkbox"/> Canned Fruit and Vegetables	
Assorted fruits18
Assorted vegetables18
Assorted fruit juices18
Citrus fruit juices12
Dried fruits12
<input type="checkbox"/> Cereals and Baked Goods	
Instant hot cereal24
Cold cereal (corn flakes, bran, etc.)12
Soda crackers1 2
Instant rice24
Instant potatoes24
Cookies1 2
<input type="checkbox"/> Shortening and Oils	
Salad Oil3
<input type="checkbox"/> Sugar and Sweets	
Sugar, granulated24+
Hard candy, gum*18
Jelly12
*Stored in metal containers	
<input type="checkbox"/> Miscellaneous	
Instant orange drink24
Instant coffee18
Instant tea18
Nondairy creamer18
Salt	Indef.
Pepper	Indef.
Nuts12
Mustard	Indef.
Catsup	Indef.
Soda pop12
Peanut butter (unopened)9
Vitamins/food supplements	varies
<input type="checkbox"/> Baby Food	6 12
<input type="checkbox"/> Pet Food	6 12

HOME EMERGENCY CHECKLIST



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This brochure is designed to help you and your family cope with natural or technological disasters by preparing before a crisis.

The checklists in this brochure are useful guides for stocking up on basic items and preparing for emergencies.

Although local officials do all they can to help, it is really up to you when it comes to the comfort and safety of your household.

Making preparations now can make all the difference.

THREATS TO DUPAGE COUNTY

Natural Disasters

- Floods
- Severe Storms
- Fires
- Earthquakes

Technical Disasters

- Hazardous Materials Accidents
- Mass Casualty Accidents (aircraft, rail, highway)
- Dam Disasters
- Utility Failures
- Transportation Disruption
- Pollution (air, oil, water)

Other

- Civil Disturbances
- Health Epidemics and Infestations
- Resource Shortages
- Terrorism
- War

When there is time to warn the public before an emergency, local radio and television stations will broadcast advisory information. The usual two advisories are "Watches" and "Warnings."

The definitions are:

WATCH: Hazardous conditions are developing but have not reached the warning stage. Stay tuned to your radio or television for further instructions.

WARNING: An emergency is actually occurring or is about to occur. Follow emergency instructions broadcast over your radio or television. Check WDCB 90.9 FM for emergency information.

BEFORE DISASTER STRIKES

- Prepare a home survival kit ready for use in emergencies
- Include basic first aid supplies and prescriptions. (Check with your family physician.)
- Stock nonperishable food items with at least a 7 day supply for the entire household. Select foods your family likes to eat. Store in a cool dry area. Don't forget pets.
- Plan in advance where to locate household members in case they are separated.
- Store important documents and valuables in protective packaging where they can be available to move.
- Keep the car gas tank at least 1/4 full.

WHEN DISASTER STRIKES

Do:

- Stay tuned to a local radio or TV station for news, official weather information and emergency instructions.
- Secure your home. Lock the doors and windows. Know where to locate electrical, water and gas service sources if advised to turn off utilities. Secure or store objects that may cause damage or injury.

Don't:

- **USE THE TELEPHONE.** Leave lines open for emergency calls only. Overloading circuits slows down the entire phone system.
- **TOUCH DOWNED POWER LINES** or objects in contact with power lines. Severe shock or worse can result. Always assume that power lines are live.
- **USE ELEVATORS.** Power outages shut down elevator systems, often trapping occupants. Use stairways instead.
- **GO SIGHTSEEING.** Cooperate with local officials. For your own safety, never enter high risk areas.
- **SPREAD RUMORS.** Get the facts from official sources.

SAFETY LIST

HOME SURVIVAL KIT CHECKLIST

- Extra set of car and house keys
- Portable radio
- Extra batteries
- Flashlight
- Candles
- Matches
- First Aid Kit
- Medications
- Prescription glasses
- 7 day non perishable food supply/baby food/pet food
- Ice chest
- Containers of water (one gallon per person per day)
- Games, books, toys, camera
- Important papers
- Fire Extinguisher
- Tool kit, gloves
- Wrench to turn off gas/water
- Sleeping bags or blankets
- Personal articles (sanitary needs, diapers, etc.)
- Change of clothing for each household member
- Fuel for stoves, or lanterns
- Masking tape for windows and glass doors
- Water purification tablets
- Sanitation kit
- Clock (wind up or battery)

SANITATION KIT CHECKLIST

- Plastic garbage can with lid
- Plastic bag liners
- Toilet paper
- Disinfectant/deodorant
- Shovel

IMPORTANT DOCUMENTS CHECKLIST

- Insurance policies
- Birth and marriage certificates
- Home inventory
- Bank records
- Military discharge papers
- Licenses
- Medical/immunization records
- Social Security card/papers
- Passport
- Religious records
- Credit cards
- Title/deeds
- Wills
- Family photographs
- Other personal records