



September is National Preparedness month and the Wareham Board of Health has provided Be Prepared, Build a kit, informational posters providing Emergency Supply lists for children and adults to help your family prepare for and provide a safe environment in the event of a major storm event or natural disaster. Please refer to the Wareham Board of Health website for the information.

Robert M. Ethier, Health Agent

Wareham Board of Health



Are You **READY!**

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- | | |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Water – at least a gallon per person, per day |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Flashlights with extra batteries |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these) | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Toothbrush, toothpaste, soap | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Baby supplies |
| | <input type="checkbox"/> Books, games or puzzles |
| | <input type="checkbox"/> A favorite stuffed animal or blanket |

**Remember,
traffic lights will
not work!**

**Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!**



<http://www.ready.gov/kids>



Are You **READY!**

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

If a big storm is coming...

- ✓ Fill your car with gas
- ✓ Fill plastic bags with water and place them in the freezer
- ✓ Get extra cash out of the bank
- ✓ Fill prescriptions

Emergency Supplies List

- | | |
|---|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.) |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation | <input type="checkbox"/> Cash or traveler's checks |
| <input type="checkbox"/> Water – at least a gallon per person, per day for drinking and hygiene | <input type="checkbox"/> Emergency reference material such as first aid book or information from www.ready.gov |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container |
| <input type="checkbox"/> Prescription medication and glasses | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Infant formula and diapers |
| <input type="checkbox"/> Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Paper and pencil |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Books, games or puzzles (let your kids pick these out themselves!) |
| <input type="checkbox"/> Toothbrush, toothpaste, soap and other personal items | <input type="checkbox"/> Your child's favorite stuffed animal or security blanket |
| <input type="checkbox"/> Feminine hygiene supplies | <input type="checkbox"/> Pet food and extra water for your pet |
| <input type="checkbox"/> Fire extinguisher | |
| <input type="checkbox"/> Wrench or pliers to turn off utilities | |
| <input type="checkbox"/> Dust mask, and plastic sheeting and duct tape, to help filter contaminated air | |
| <input type="checkbox"/> Battery-powered or hand-cranked radio and extra batteries | |
| <input type="checkbox"/> Flashlights and extra batteries | |
| <input type="checkbox"/> Cell phone with charger, extra battery and solar charger | |

Don't forget to think about infants, elderly, pets, or any family members with special needs!

