

City of Bloomington, Division of Public Health

New Year, New You tip #5: Gather supplies to keep you well in emergency situations.

Being prepared for emergencies brings peace of mind.

If you don't have an emergency kit, now is the perfect time to gather supplies you will need. All Americans should have some basic supplies ready in order to survive for at least three days if an emergency occurs.

Basic emergency supply kit items

In addition to the following items, consider where you live and the special needs of your family to create an emergency supply kit that meets your family's needs. Check Ready.gov for suggestions.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

What Public Health does for you

Public Health partners with Emergency Medical Services, Police and Fire Departments to keep you safe in emergencies and disasters, including public health emergencies like Ebola. Some of what Public Health does offers opportunities for you to be involved:

- Offer emergency response team training
- Organize our medical volunteers
- Provide Hands Only CPR and AED training
- Give emergency preparedness training in the community

In Public Health, we work to keep you healthy AND safe so you can live long and well.