

Be Prepared for Emergencies

Public Safety is #1

Congresswoman Matsui encourages you to take steps now to be prepared in the event of an emergency. First, develop a plan for you and your family, including plans for where you will meet and a planned evacuation route. Next, develop a basic emergency supply kit and make sure everyone knows where it is located.

Basic Emergency Supply Kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Recommended Items to Include in a Basic Emergency Supply Kit:

- 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

Additional Items to Consider Adding to an Emergency Supply Kit:

Prescription medications and glasses

Infant formula and diapers

Pet food and extra water for your pet

Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Cash or traveler's checks and change

Emergency reference material such as a first aid book or information from www.ready.gov

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

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.

Fire Extinguisher

Matches in a waterproof container

Feminine supplies and personal hygiene items

Mess kits, paper cups, plates and plastic utensils, paper towels

Paper and pencil

- Books, games, puzzles or other activities for children

Helpful websites:

For preparedness tips:

<http://www.ready.gov>

For local answers:

<http://www.oes.ca.gov>

To be a volunteer:

<http://www.citizencorps.gov/>

For 30 Tips on being prepared:

[click here](#)

Advice from the Red Cross:

[click here](#)

State agencies:

California

Contact Information

California Office of Homeland Security

State Capitol, 1st Floor

Sacramento, CA 95814

(916) 324-8908

Governor's Office of Homeland Security

Governor's Office of Emergency Services

3650 Schriever Ave

Mather, CA 95655

(916) 845-8510

<http://www.oes.ca.gov>

Citizen Corps

Get Involved in Preparing your Community. Citizen Corps, Homeland Security's grassroots effort, localizes preparedness messages and provides opportunities for citizens to get emergency response training; participate in community exercises; and volunteer to support local first responders. To learn more and to get involved, contact your nearest Citizen Corps Council by visiting <http://www.citizencorps.gov/>.

California State Citizen Corps Council

1110 K St., Suite 210

Sacramento, CA 95814

(916) 323-7646