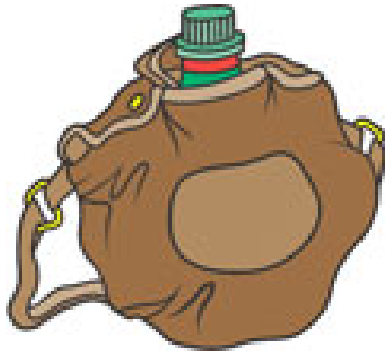


DISASTER SUPPLY KIT

There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to carry container. Possible containers include a large, covered trash container, a camping backpack, or a duffle bag. Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car. Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

WATER



Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least two quarts

of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need even more. You will also need water for food preparation and hygiene. Store a total of at least **one gallon per person, per day**. You should store at least a two week supply of water for each person. If supplies run low, **never ration water**. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

How to Store Water

Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to purify the water according to the instructions listed below before drinking it.

- Rainwater
- Streams, rivers and other moving bodies of water
- Ponds and lakes
- Natural springs

Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first. You should not drink floodwater.

Three Ways to Purify Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should purify all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to purify water. None is perfect. Often the best solution is a combination of methods. Two easy purification methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before purifying, let any

suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.



1. **Boiling**

Boiling is the safest method of purifying water. Bring water to a rolling boil for 1 minute, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

2. **Disinfection**

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to purify water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used. While the two methods described will kill most microbes in water, distillation will remove microbes that resist these methods, and heavy metals, salts and most other chemicals.

3. **Distillation**

Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

Hidden Water Sources in Your Home

If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl). Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines. To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house. To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.



FOOD

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies Kit. Also include at least one non-electric can opener.

Ready-to-eat canned meats, fruits, and vegetables

Canned juices
Staples (salt, sugar, pepper, spices, etc.)

High energy foods
Vitamins
Food for infants
Comfort/stress foods



Storage Tips

Keep food in a dry, cool spot - a dark area if possible.
Keep food covered at all times.
Open food boxes or cans carefully so that you can close them tightly after each use.
Wrap cookies and crackers in plastic bags, and keep them in tight containers.
Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
Inspect all food for signs of spoilage before use.
Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.



Nutrition Tips

During and right after a disaster, it will be vital that you maintain your strength. So remember:

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body to function properly (two quarts a day).

Take in enough calories to enable you to do any necessary work.

Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

Shelf-life of Foods for Storage

Here are some general guidelines for rotating common emergency foods.

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)

Potatoes

Use within one year:

Canned condensed meat and vegetable soups

Canned fruits, fruit juices and vegetables

Ready-to-eat cereals and uncooked instant cereals (in metal containers)

Peanut butter

Jelly

Hard candy and canned nuts

Vitamin C

May be stored indefinitely (in proper containers and conditions):

Wheat

Vegetable oils

Dried corn

Baking powder

Soybeans

Instant coffee, tea and cocoa

Salt

Non-carbonated soft drinks

White rice

Bouillon products

Dry pasta

Powdered milk (in nitrogen-packed cans)

FIRST AID KIT

Assemble a first aid kit for your home and one for each car. Include:

Adhesive bandages, various sizes & sterile dressings.

Germicidal hand wipes or waterless alcohol-based hand sanitizer.

Antiseptic wipes.

Large medical grade non-latex gloves.

Adhesive tape, 2" width.

Anti-bacterial ointment.



Scissors

Tweezers.

Aspirin or non-aspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting)

Laxative

Ask your physician or pharmacist about storing prescription medications.



TOOLS AND SUPPLIES

Paper cups, plates, and plastic utensils

Emergency preparedness manual

Battery-operated radio and extra batteries

Flashlight and extra batteries

Cash or traveler's checks, change

Non-electric can opener, utility knife

Fire extinguisher: small canister ABC type

Pliers

Tape

Compass

Matches in a waterproof container

Aluminum foil

Plastic storage containers

Signal flare

Paper, pencil

Needles, thread

Medicine dropper

Shut-off wrench, for gas and water

Whistle

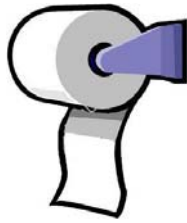
Plastic sheeting

Map of the area



SANITATION

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties (for personal sanitation)
- Plastic bucket with tight lid
- Disinfectant or household chlorine bleach
- Sunglasses



CLOTHING AND BEDDING

Include at least one complete change of clothing and footwear per person. Also pack the following.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear

SPECIAL ITEMS

- Medications
- Prescription drugs
- Cell phone and batteries
- Important phone numbers list
- Games and books

For Baby



- Formula
- Diapers
- Bottles
- Powdered milk
- Lotions and creams

IMPORTANT FAMILY DOCUMENTS

Keep these records in a waterproof, portable container:

Will, insurance policies, contracts deeds, stocks and bonds

Passports, social security cards, immunization records

Bank account numbers

Credit card account numbers and companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)



For more information, please contact the City of New Haven Office of Emergency Management , 200 Orange Street, New Haven, CT 06510 203.946.8224 or jmoore@newhavenct.net