

## **SURVIVAL NECESSITIES**

### **Water**

After a disaster, regular water sources may become contaminated or not available. Be prepared by acquiring and storing enough water to meet your family's drinking and sanitation needs. This requires storing at least a three day supply of one gallon of water per person and pet per day. For additional information on water needs, storage, and treatment visit: <http://www.ready.gov/water>

### **Food**

During a disaster, you may lose power and could be without it for days. Be prepared by acquiring and storing at least a three day supply of non-perishable ready-to-eat food your family likes. When purchasing the emergency food supply, consider special dietary needs and avoid foods that make you thirsty. For additional information on food safety and storage visit: <http://www.ready.gov/food>

### **Shelter**

Taking shelter is necessary in many emergencies. Appropriate shelter needs vary depending on the emergency/disaster. You may even need to shelter-in-place for a while. For additional information visit: <http://www.ready.gov/shelter> and [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/](http://www.redcross.org/images/MEDIA_CustomProductCatalog/)

## **Informational Links**

### **Preparing for Disaster [PDF]**

<http://www.fema.gov/pdf/library/pfd.pdf>

### **Keeping Food Safe in an Emergency [PDF]**

[http://www.fsis.usda.gov/wps/wcm/connect/c91280f8-d8db-4ebe-99e9-a0f1aa7d466b/Keep-ing\\_Food\\_Safe\\_During\\_an\\_Emergency.pdf?MOD=AJPERES](http://www.fsis.usda.gov/wps/wcm/connect/c91280f8-d8db-4ebe-99e9-a0f1aa7d466b/Keep-ing_Food_Safe_During_an_Emergency.pdf?MOD=AJPERES)

### **American Red Cross Survival Kit Information**

<http://www.redcross.org/prepare/location/home-family/get-kit>

### **Disaster Preparedness Tips for Parents**

[http://www.savethechildren.org/site/c.8rKLIXMGlp14E/b.7522429/k.2474/Disaster\\_Preparedness\\_Tips\\_for\\_Parents.htm](http://www.savethechildren.org/site/c.8rKLIXMGlp14E/b.7522429/k.2474/Disaster_Preparedness_Tips_for_Parents.htm)

### **Protect Your Property or Business from Disaster**

<https://www.fema.gov/protect-your-property-or-business-disaster>

### **Financial Preparedness Information** (includes links to Safeguarding Your Valuables, the Family Financial Toolkit, and the Disaster Recovery Log)

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

### **Get Tech Ready** (Acquiring emergency information from online news sites and social media through the use of everyday technology)

<http://www.ready.gov/get-tech-ready>

### **For Local Rhode Island Emergency Information Visit:**

<http://www.riema.ri.gov/>

US Department of Veterans Affairs

## **Providence VA Medical Center**

830 Chalkstone Ave., Providence, RI 02908

# **Emergency Preparedness Brochure**

**Be Informed  
Make a Plan  
Build a Kit**



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## Be Informed

It is extremely important to become informed about the different possible types of disasters that may occur in your region. It is essential that you prepare ahead of time on how to act when a disaster strikes and how to recover after. For information on how to be prepared for a variety of disasters visit: <http://www.redcross.org/prepare/disaster>

Being prepared also requires knowing and making sure everyone in the family knows or has a list of local emergency phone numbers to contact including: Fire, Police, Family Doctor, Ambulance, Hospital, Pet's Veterinarian, and the National Poison Control Center's toll free # (800) 222-1222.

Information on how to handle accidents, injuries, sudden illness, choking and other situations that may occur during an emergency is also relevant to being prepared. For information on training and skills necessary to prevent, prepare, and respond to emergencies visit: <http://www.redcross.org/what-we-do/training-education>

Since military personnel and family are located around the world and often relocate, it is important every time you relocate to update your information. For detailed information on military family preparedness visit: <http://www.ready.gov/considerations/military-family-preparedness>

## Make a Plan

Once you have acquired the relevant information you need towards becoming prepared, use that information to plan what you and your family will do during a disaster/emergency.

Begin by planning a [family communications plan](#). Since your family may not be together when a disaster/emergency occurs, it is important that you designate an out of town relative or close friend everyone can contact in case your not able to contact each other. Make sure everyone knows this person's phone number (home and cell), e-mail, and address. Also be sure to always leave your home with a charged cell phone or have a backup plan for being able to charge it somewhere else. It is also a good idea to have a prepaid phone card on you in case of an emergency.

Next you need to develop a [family evacuation plan](#). Since disasters and emergencies can happen without warning and you can not predict where you or a family member will be when it happens, it's important to have various escape routes. When developing the evacuation plan take into consideration where you and your family may be such as the usual times, days, and places you're at work, school, or shopping. Also consider any special needs you or a family member may have such as any age or disability related limitations. If you're a pet owner take into account what you need to take care of and evacuate your pets. Before evacuating make sure to safely shutoff utilities. For additional information visit:

- ◆ [http://www.ready.gov/sites/default/files/documents/files/Family\\_Emergency\\_Plan.pdf](http://www.ready.gov/sites/default/files/documents/files/Family_Emergency_Plan.pdf)
- ◆ <http://www.ready.gov/emergency-planning-checklists>

## Build a Kit

Once a disaster strikes you must be prepared to manage your situation with the supplies available. Therefore, it's extremely important that you create an [emergency supply kit](#). The first things you need to think of are fresh water, food, and clean air. Then consider other important supplies that would be difficult to live without. After you have included the necessities and difficult to live without items, you may incorporate comfort items. The following are suggested supplies a basic kit should contain:

- ◇ **Water** (1 gallon per person and pet per day)
- ◇ **Non-Perishable Food**
- ◇ **Manual Can Opener & Utensils**
- ◇ **First Aid Kit and Prescriptions**
- ◇ **Flashlight & Extra Batteries**
- ◇ **Weather Radio** (battery-operated)
- ◇ **Clothes, Blankets, Pillows, & Sleeping Bags**
- ◇ **Sanitation Supplies & Toiletry**
- ◇ **Tools** (Wrench, Pliers, Screwdrivers)
- ◇ **Important Documents**
- ◇ **Special Needs, Infant, & Pet Care Items**

For a more complete list visit: <http://www.weather.com/life/safety/homesafety/article/disaster-supply->