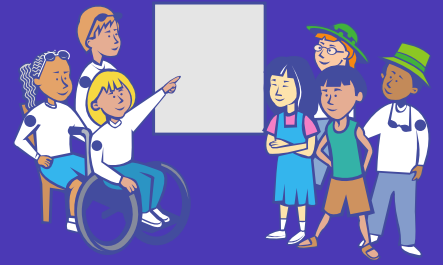


BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs

DO IT YOURSELF HOME EMERGENCY KIT

- Water: 1 Gallon per person per day for at least 3 days
- Food: 3 day supply of shelf-stable foods and can opener
- Portable radio (Hand-crank or battery)
- Flashlights
- Spare batteries for devices and hearing aids
- Chargers for phones and other electronic devices
- First Aid kit and manual
- Whistle to call for help
- Face masks to filter bad air
- Toiletries & hygiene products
- Pliers/wrench to turn off water and gas lines
- Local maps
- Matches in waterproof containers
- Extra clothing, shoes & work gloves
- Medications, formula, nutritional supplements, eyeglasses, hearing aids, and additional medical supplies e.g. tubing
- Cash
- Supplies to make your own tent
 - Trash bags, blankets, plastic sheeting, duct tape, and zip ties
- Important documents in a waterproof bag.
 - Insurance information, medical records, bank account info, social security numbers, and child's plan of care
- Food for pets
- Toys, games & comfort items for children

**UPDATE YOUR KIT REGULARLY TO REPLACE EXPIRED ITEMS
AND MAKE CHANGES AS NEEDED**

**For More Information
Scan QR code or visit:**

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