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Montgomery County, Md.	montgomerycountymd.gov
American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov

If you don't have access to a computer and need information, please contact the Montgomery County Health and Human Services Information Line at 240-777-1245 and (TTY) 240-777-1295.

 **Alternative formats** of this document are available upon request by calling 240-777-3038.



A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan



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A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan



1 Water

Bottled water. One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.



Done

2 Food

Nonperishable food. A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix



Done

3 Clothes

Collect one change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of inclement weather.

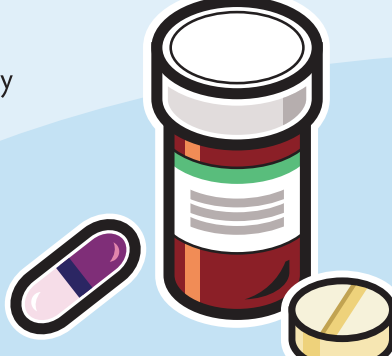


Done

4 Medications

Collect three days worth of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.

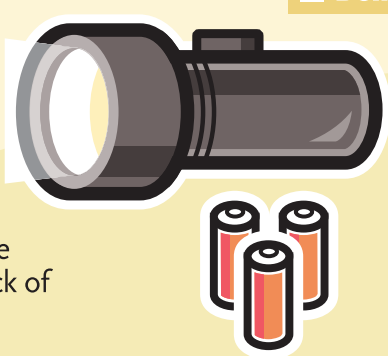


Done

5 Flashlight

Keep a bright flashlight in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.

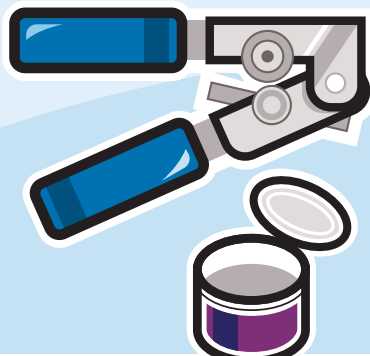


Done

6 Can Opener

Make sure it's a manual can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!

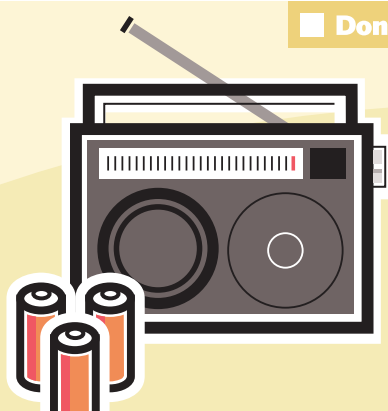


Done

7 Radio

A battery-powered radio for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.

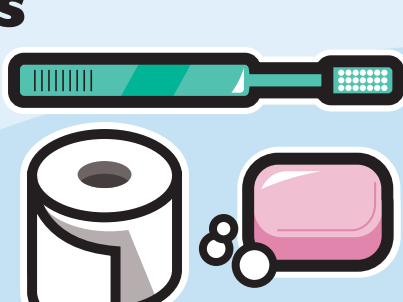


Done

8 Hygiene Items

Just the basics like soap, toilet paper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

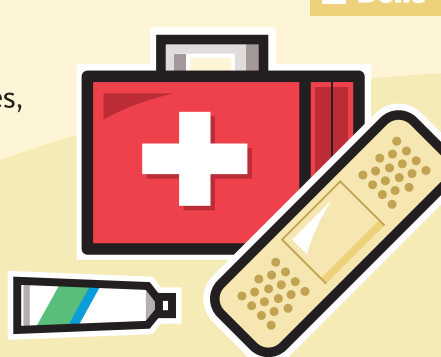


Done

9 First Aid

Basics such as antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



Done

NOTES
