You can do this!
Collect these nine essential items to help you shelter-in-place in the event of an emergency.

1. Water
   - One gallon per person, per day for three days.

2. Food
   - Non-perishables like canned or packaged food.

3. Clothes
   - One change of clothes and footwear per person.

4. Medications
   - Three days’ worth of prescription medications.

5. Flashlight
   - A bright flashlight and extra batteries.

6. Can Opener
   - Manual can opener to open aerosol drinks.

7. Radio
   - Battery-powered radio and extra batteries.

8. Hygiene Items
   - Basic toiletries, toilet paper, and a toothbrush.

9. First Aid
   - Basic like antiseptic, bandages, and non-prescription medications.

For more information about emergency preparedness, contact:

- 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