READY TODAY, SAFER TOMORROW

AT HOME EMERGENCY SUPPLIES

FOR WHEN YOU'RE SHELTERING IN PLACE FOR UP TO 3 DAYS

Preparedness starts at home, and you've already taken more steps than you realize. This checklist will walk you through a few easy steps to help you and your family feel safe and confident while staying protected in your home until it's safe to leave.

3 EASY STEPS TO START

1. **Get connected! Text CTALERT to 888-777** to sign up for Connecticut's emergency alerts **AND download the FEMA app** for alerts and resources at **ready.gov/fema-app.**
   Are you a caregiver for someone living out of state? Sign up for alerts in their area too!
2. **Set reminders on your phone, or write on your calendar,** to check expiration dates and replace missing items in your emergency kit **when we change the clocks for daylight savings time in the spring and fall.**
3. **Print copies of important documents and put them in a waterproof Ziplock bag.** Include passports, bank account records, insurance policies, phone numbers and addresses of friends and family, medical and prescription information, as well as cash and/or travelers' checks.

---

3 STEPS TO BUILD YOUR EMERGENCY KIT

1. **Start with the essentials:**

Pick up a large storage bin.
Instead of looking for these supplies around your home during an emergency, keep everything in one place so it's easy to grab when you need it. A large, strong plastic bin with a lid works well. Don't forget to check and replace your supplies every 6 months!

Bottled water – at least one gallon of water for every person in your home.
Stock extra if there are children, someone is nursing a baby, or the if weather is hot.

Stock up on long lasting, high-protein foods.
Healthy canned food you don't need to cook (beans, tuna, chili, peanut butter, mixed nuts, fruit) and snacks like dried fruit, applesauce, cereal and protein bars. Jarred and canned food lasts longer than packaged food and also keeps out mice and other pests.
BUDGET-FRIENDLY TIP – Start by picking up just one or two extra items each time you shop, or when they're on sale, instead of buying everything all at once.

2. **Add in other important items:**

First aid supplies, including:
Fever reducers and pain medicines such as Tylenol, Motrin, or Advil, and small injury supplies such as band-aids, cleaning wipes, wrap bandages, and cold packs

Flashlights, lanterns and battery-powered candles (with batteries).
Consider also keeping flashlights in several rooms, so you have one no matter where you are if the power goes out. Also, always have plenty of extra batteries!

Personal care supplies:
Baby wipes or cleaning wipes, hand sanitizer, toilet paper, soap, and face masks.

Cleaning supplies:
Disinfectant cleaning wipes for your home, paper towels, and trash bags.

Chargers for cell phones, computers, and tablets.

3 Finally, add in the items that are not required, but helpful to have:

Battery-powered or hand-crank radio that can access NOAA radio stations.
Radio is best for reliable updates. NOAA is the U.S. agency that keeps an eye on the weather and shares important updates. To get NOAA alerts, tune your radio to:

New London area - KHB47 (162.550)
Hartford area - WXJ41 (162.475)
Cornwall area - WWH33 (162.550)
Meriden area - WXJ42 (162.400)

Portable or solar-powered chargers. Or both!
Even a fully charged phone won't last long when the power is out. Portable chargers store extra power, while solar-powered chargers refill themselves using sunlight, so you can keep charging for days — even after backup batteries run low.

Pillows and either warm blankets or sleeping bags for everyone in your home.

---

3 QUESTIONS TO ASK YOURSELF

1 Do you have babies or kids in your house?

For babies, make sure you have enough diapers, wipes, bottles, formula, and baby food. For kids, stock up on snack pouches, as well as things like coloring books, puzzles, playing cards, and story books to keep them busy!

2 Do you, or anyone in your home, need medical supplies?

Make sure you have enough of your medications for at least a week, as well as extra supplies such as ostomy pouches, insulin shots and test strips, and more.

3 Do you have any pets?

Don't forget your furry family members! Keep your pet's canned and dry food stocked, as well as any other supplies such as litter or medications.

DON'T FORGET TO DOWNLOAD OUR GO-BAG CHECKLIST, FOR WHEN YOU HAVE TO LEAVE QUICKLY.

CONNECTICUT
Public Health