

- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or travelers' checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, A-B-C type
- Tube tent
- Pliers
- Tape – masking and duct
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle

- Plastic sheeting
- Map of area (for locating shelters)

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors & tweezers
- Needle
- Moistened towelettes
- Antiseptic & thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

The information contained in this brochure is intended as a guide and is not all-inclusive.



OAKLAND HOUSING AUTHORITY POLICE

&

RISK MANAGEMENT DEPARTMENTS

**Oakland Housing Authority
Police Department
1180 25th Avenue
Oakland, CA 94601
(510) 535-3100**

Disasters strike with little or no warning. After a major disaster, local emergency responders will be completely overwhelmed. You need to be prepared to survive unaided for the first three days. You have a choice; be part of the solution or part of the problem. ARE YOU READY?

GETTING STARTED

Meet with Your Family

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

Plan How Your Family Will Stay in Contact if Separated by Disaster

1. Pick two meeting places:
 - a) A location a safe distance from your home in case of fire.
 - b) A place outside your neighborhood in case you can't return home.
2. Choose an out-of-state friend as a "check-in contact" for everyone to call.

Complete These Steps

- Post emergency telephone numbers by every telephone
- Show responsible family members how and when to shut off water, gas and electricity at main switches.

- Install a smoke detector on each level of your home, especially near bedrooms; test two times each year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and non-electric can opener
- A change of clothing, rain gear, and sturdy shoes
- Blankets or sleeping bags
- A first aid kit and prescription medications
- An extra pair of glasses
- A battery-powered radio, flashlight and plenty of extra batteries
- A list of important family information; the style and serial number of medical devices such as pacemakers

- Credit cards and cash
- An extra set of car keys
- A list of family physicians
- Special items for infants, elderly, or disabled family members
- Rope ladder for multi-story residences

Prepare an Emergency Car Kit Include:

- Battery-powered radio, flashlight, and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5-lb., A-B-C type)
- First-aid kit and manual
- Bottled water and non-perishable high-energy foods such as granola bars, raisins, and peanut butter
- Maps, shovel, flares

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons

For Baby

- Formula, diapers, bottles
- Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication