**Pre-Emergency Checklist:**
- Post emergency telephone numbers by phones and make sure that everyone knows how and when to dial 911.
- Replace your emergency water every four months.
- Show each responsible member of the household how to turn off the utilities.
- Have a meeting place away from the home.

<table>
<thead>
<tr>
<th><strong>Emergency Supply Kit</strong></th>
<th><strong>Shelter Info and Needs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Your kit should be packed and ready to go. You should be able to carry the kit by yourself, or know someone who will help you or your kids. Include in your kit:</td>
<td>If you and your family have to move to a local emergency shelter, please remember the following:</td>
</tr>
<tr>
<td>- Water—one gallon per person, per day, for at least three days. To be used for drinking and sanitation.</td>
<td>Bring your own Emergency Supply Kit. Not all shelters will be pet friendly - it’s up to you as a pet owner to have a plan for your pets.</td>
</tr>
<tr>
<td>- Food—at least five days supply of non-perishable food. Something you like.</td>
<td>- No weapons - law enforcement will be on site.</td>
</tr>
<tr>
<td>- Battery-powered and or hand crank radio with extra batteries. Weather radio.</td>
<td>- Bring your own medications, there will be none at the shelter.</td>
</tr>
<tr>
<td>- Flashlights and extra batteries.</td>
<td>- Bring your own pillow, blankets.</td>
</tr>
<tr>
<td>- First Aid Kit (and understand how to use it).</td>
<td>- Pet food, pet bowls, pet meds.</td>
</tr>
<tr>
<td>- Whistle - used to signal for help.</td>
<td>- Some type of pet cage and a leash, per pet.</td>
</tr>
<tr>
<td>- Dust mask, work gloves, appropriate clothes for the weather, sturdy shoes.</td>
<td>- No drinking, smoking, spitting, swearing.</td>
</tr>
<tr>
<td>- Personal hygiene supplies, male and female.</td>
<td>- No fighting will be tolerated.</td>
</tr>
<tr>
<td>- Moist towelettes, plastic garbage bags with ties for personal sanitation.</td>
<td>- Pets will not be allowed in the shelter, there may be other rooms set up for use as a pet shelter.</td>
</tr>
<tr>
<td>- Wrench or pliers to turn off your utilities-water, gas and electric.</td>
<td>- Pet owners are responsible for their pets feeding, watering, and pet waste.</td>
</tr>
<tr>
<td>- Manual can opener for any canned food.</td>
<td>- Books, games, or other activities for children may be helpful.</td>
</tr>
<tr>
<td>- Roll of Plastic sheeting, blue tarps.</td>
<td><strong>Develop a family communication plan:</strong></td>
</tr>
<tr>
<td>- Prescription medications you take every day, insulin, heart meds, asthma inhalers.</td>
<td>Plan on how your family will contact each other. Designate several locations where your family will meet.</td>
</tr>
<tr>
<td>- Paper cups, plates, plastic utensils, mess kit, paper towels, toilet paper, and diapers.</td>
<td><strong>Create a plan to evacuate:</strong></td>
</tr>
<tr>
<td>- Sleeping bag or warm blankets, pillows for each person.</td>
<td>Make arrangements for your pets. Bring your emergency kit. Choose several different locations where your family would go in the event of an evacuation.</td>
</tr>
<tr>
<td>- Extra prescription glasses.</td>
<td><strong>Create a plan to shelter-in-place (stay inside):</strong></td>
</tr>
<tr>
<td>- Important family documents/records, ID’s, bank records, insurance records.</td>
<td>Designate a room in your home as a shelter, no windows/doors that open to the outside. Cover windows, bring pets indoors.</td>
</tr>
<tr>
<td>- Cash or Traveler’s Checks</td>
<td><strong>Practice, practice, practice your family plan!</strong></td>
</tr>
<tr>
<td>- <strong>Household</strong> bleach—to be used as a disinfectant or in an emergency, use to treat water—16 drops of regular bleach per gallon of water. Do not use scented or color safe bleaches with added cleaners.</td>
<td></td>
</tr>
<tr>
<td>- Pet food, pet bowls, pet toys, pet meds.</td>
<td></td>
</tr>
</tbody>
</table>
**Family First Aid Kit**

- Weather tight box or bag.
- First Aid manual - read the manual before you have to use your own kit.
- Extra prescription medications.
- Two pairs of sterile plastic gloves.
- Sterile dressings-2x2s 4x4s.
- Antibiotic ointment or cream.
- Adhesive bandages (band aids) variety of sizes.
- Adhesive first aid tape.
- Elastic bandage (Ace bandage).
- Liquid soap and/or moist towelettes.
- Small pair of sharp scissors.
- Tweezers.
- Safety pins.
- Thermometer.
- Eye wash solution, to flush the eyes or as a general decontaminant for cuts.
- Aspirin and/or non-aspirin pain reliever.
- Your own prescribed medical items.
- Antacids.
- Diarrhea medication (Pepto-Bismol).
- Rolled gauze bandage.
- Antiseptic wipes.
- Small flashlight, extra batteries.
- CPR mask, for doing CPR.
- Disposable instant cold packs.

**What Else Can I Do?**

Volunteer with CERT, Red Cross, or any other disaster response agency.

Learn first aid and CPR.

Find out if your place of employment has an emergency plan.

Find out if your child’s school has an emergency plan.

Include your extended family in your emergency planning.

Practice your family plan regularly.

Spread the word about family preparedness to your neighbors, friends and coworkers.

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For more information contact your County Emergency Management Agency:

- Androscoggin: 784-0147
- Aroostook: 493-4328
- Cumberland: 892-6785
- Franklin: 778-5892
- Hancock: 667-8126
- Kennebec: 623-8407
- Knox: 594-5155
- Lincoln: 882-7559
- Oxford: 743-6336
- Penobscot: 945-4750
- Piscataquis: 564-8660
- Sagadahoc: 443-8210
- Somerset: 474-6788
- Waldo: 338-3870
- Washington: 255-3931
- York: 324-1578

**Helpful Websites**

- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)
- [www.maine.gov/dhhs/boh](http://www.maine.gov/dhhs/boh)
- [www.211maine.org](http://www.211maine.org)
- [www.nws.noaa.gov](http://www.nws.noaa.gov)
- [www.maine.gov/mema](http://www.maine.gov/mema)

[www.maine.gov/mema/prepare](http://www.maine.gov/mema/prepare)