



# SET YOUR CLOCKS

# CHECK YOUR STOCKS



## Your emergency preparedness stockpile: What you need to know

Emergencies — such as tornadoes, floods, storms, earthquakes or even disease outbreaks — can happen unexpectedly. You may be without electricity, refrigeration, clean tap water or phone service for days or weeks. In some cases, such as during a disease outbreak, you may be asked to stay home to keep safe. That's why having an emergency preparedness stockpile is important.



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### What should I put in my emergency preparedness stockpile?

All Americans should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a manual can opener, a radio, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."



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Once you've assembled your stockpile, put it where you won't be tempted to "borrow" from it the next time you run out of batteries or need beans for a recipe. Remember: Your stockpile is for emergencies!



### How do I store my emergency preparedness stockpile?

#### Get Ready Stockpiling Tip

When it's time to change your clocks for daylight saving time, check your emergency preparedness stockpile. Replace anything that is expired or missing.

It's best to store your stockpile somewhere that is easy to access during an emergency. A cool, dark place is ideal. Be sure not to store your food close to any solvents or cleaners that can leak or transfer fumes, or in an area of the house that is at risk for flooding.

Keep your supplies together in a box or plastic bin that can be kept tightly closed to protect contents from humidity or pests. It's also handy to keep all your supplies together in case you have to evacuate quickly, such as during a hurricane. In a pinch, a laundry basket can make an easy storage container.

If you live in an apartment or small home and are short on space, be creative. Compact wrapping paper bins can be used to store canned food. Risers can make more space under the bed. Many people also have unused space behind or under the sofa. Have a dishwasher but don't use it? Make the most of the empty space by storing your supplies there!

## How often do I need to refresh or rotate my stockpile?

It's best to check your emergency preparedness stockpile once or twice a year. If you need a reminder, take a lesson from APHA's Get Ready: Set Your Clocks, Check Your Stocks campaign. When it's time to change your clocks for daylight saving time, take a look at your emergency preparedness stockpile. Discard anything that has expired or is leaking or damaged. If you've borrowed items from your stockpile, make sure to replenish them. Place the newer items in the back of your stockpile and rotate the older items to the front. You can even use stickers to mark the dates when you added supplies to your stockpile.

Don't forget to check the batteries in your smoke detectors as well when you change your clocks!



## How can I tell if the supplies in my stockpile are still good?



The easiest way to tell if your foods are still usable is expiration dates. Bottled water can go bad eventually, so look for the stamped date on your water containers. Experts recommend rotating your bottled water supply every six months.

Sometimes canned foods don't have expiration dates or have dates that aren't legible. So how to tell if the food is still good? According to the U.S. Department of Agriculture, high-acid canned foods such as tomatoes, grapefruit and pineapple can be stored for a year to 18 months. Low-acid canned foods such as meat, poultry, fish and most vegetables will keep two to five years if stored properly.

Beyond expiration dates, you should physically examine the contents of your stockpile to make sure they are still fresh. Check that none of your boxes or food containers have signs of pests or have been crushed or have opened. On cans, look for rust, bulging, punctures, dents or leaks. Never eat any food if its packaging or contents has come into contact with flood water or has been in a fire. Look for leaks or corrosion on batteries and dispose of them carefully, recycling them if possible.

For more tips on creating your emergency preparedness stockpile, visit [www.getreadyforflu.org/clocksstocks](http://www.getreadyforflu.org/clocksstocks)



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## My emergency preparedness stockpile checklist

Pack the following items in a clearly labeled, easy-to-carry, sealable container and store them in a place that is easy to access. Check your stockpile once or twice a year. A good rule of thumb is to check your stockpile when you change your clocks for daylight saving time. Replace any supplies that are missing or have expired or have been damaged.



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### Emergency supplies

- Flashlight and batteries
- Manual can opener
- Battery-operated radio (and batteries) or hand-cranked radio
- Matches in waterproof container
- Utility knife
- Paper and pencil
- Cash, traveler's checks and coins
- Paper cups, plates, plastic utensils, paper towels
- Garbage bags
- Pet food
- Whistle
- Small, canister ABC-type fire extinguisher
- Needles, thread
- Plastic sheeting
- Duct tape, scissors
- Extra set of keys and IDs
- Local maps



- Small tent, compass and shovel
- Household chlorine bleach and medicine dropper

*When diluted nine parts water to one part bleach, this can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use bleach with added cleaners or bleach that is scented.*

### Food and water



- Three days worth of drinking water, with one gallon of water per person per day. Do not stockpile soda.
- Three-day supply per person of non-perishable foods. Take into consideration special dietary needs. Avoid salty foods that make you thirsty and include canned foods with high liquid content.

## First aid and emergency medical kit

- First aid manual
- Bandages, including gauze and bandage tape
- Germicidal hand wipes or alcohol-based hand sanitizer
- Antiseptic wipes
- Non-latex gloves
- Antibacterial ointment
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield
- Prescription medications (such as heart and blood pressure medications or asthma inhalers) and medical supplies, such as insulin and blood-pressure monitoring equipment, if applicable
- Non-prescription medication, such as acetaminophen, ibuprofen, anti-diarrhea medicine, antacids and laxatives



## Personal items

- Extra prescription eyeglasses, if applicable
- Denture and contact lens supplies, if applicable
- Hearing aid batteries, if applicable
- Diapers and infant supplies, if applicable
- Sleeping bag or warm blanket for each person. Additional bedding if you live in a cold-weather climate.
- Complete change of clothing for each person, including a long-sleeved shirt, long pants and sturdy shoes. If you live in a cold climate, add jacket or coat, hat, mittens and scarf.
- Moist towelettes, feminine hygiene supplies, latex gloves and other items for personal sanitation

## Important documents: Store in waterproof, portable container

- Birth, marriage and death certificates
- Insurance policies and will
- Contracts, deeds, stocks and bonds
- Passports, Social Security cards
- Immunization records
- Bank account numbers, credit card account numbers and company contact information
- Prescription information
- Inventory of valuable household goods
- Veterinary records for pets, as well as pet photos

For more tips on creating your emergency preparedness stockpile, visit [www.getreadyforflu.org](http://www.getreadyforflu.org)





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## Get Ready Grocery Shopping List

- Bottled water
- Canned juice
- Canned or boxed milk
- Canned fruits and vegetables
  - Green beans
  - Corn
  - Peaches
  - Fruit cocktail
  - Pears
  - Pineapple
- Peanut butter and jelly
- Canned pasta or spaghetti
- Crackers (look for low-sodium)
- Canned meat and fish
  - Chicken       Turkey
  - Tuna             Vienna sausages
  - Salmon
- Soups (look for low-sodium)
- Dried fruit
- Protein drinks
- Granola bars
- Dried cereal
- Nuts (unsalted, preferably)
- Cookies, candy bars, hard candy

## Emergency preparedness stockpile grocery list

Every American should have at least a three-day supply of food and water stored in their home, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a radio, manual can opener, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.



If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."

For more tips on creating your own emergency preparedness stockpile, see [www.getreadyforflu.org/clocksstocks](http://www.getreadyforflu.org/clocksstocks)



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## Cheap stockpiling: How to be prepared on a budget

When money is tight, adding extra items to your shopping list can be hard. However, with a bit of planning, there are lots of ways to build your emergency preparedness supplies on a budget.



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### Start with the supplies you already have

Your first step should be to look at an emergency stockpile checklist. This will help you get an idea of the different things that should go in an emergency preparedness kit and help you come up with a plan for building your own kit.

Though the list may seem daunting at first, you'll likely find that you already own a lot of the items you'll want to include in your kit. Start the process by pulling together items that you have on hand at home. For example, you may have enough canned goods to start your food stockpile or extra bandages that can go into your emergency first aid kit. Once you've pulled together the items you have, check them off the list and start making a plan for the others.



Save on space by storing your supplies in containers you already have. That plastic bin that held your children's toys when they were young or a laundry basket that is no longer used can become the perfect organizer.

### Build your kit a little bit at a time



As you build your preparedness kit, don't feel like you have to do it all in one day. It will likely be easier on your budget if you spread out the items over several weeks or months.

Consider adding a few extra dollars to your weekly shopping trip and buy just a few items each time you go to the store. Another important thing to remember is to keep an eye out for sales. Carry your checklist with you so you'll know what you still need when you find a good deal.

Take a lesson from families that save on groceries regularly by shopping at stores that offer double coupons and by buying generic. Canned foods are often less expensive to stockpile than



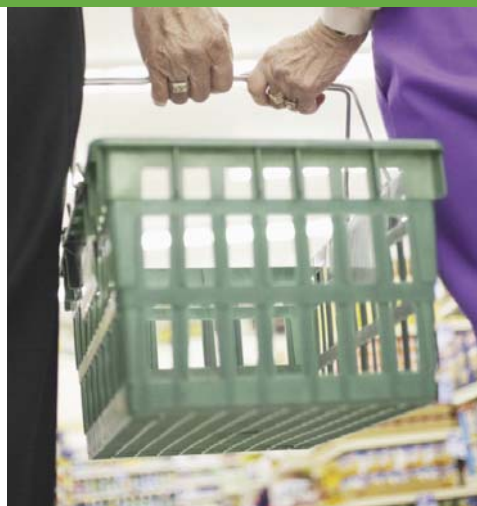
other ready-to-eat shelf food, but watch out for high sodium. You don't want foods in your stockpile that will make you thirsty, as clean water supplies may be limited during an emergency or disaster situation.

## Use the buddy system to create a less expensive stockpile

Another good option for saving money is to look for deals at bulk grocery stores. The only catch is you may end up with more than you can store. To solve this problem, think about partnering with a neighbor or friend and building your kit together. This way, you both will be able to take advantage of discounts by splitting your purchases.



As an added benefit, partnering up with someone else is also a great opportunity to talk about your family's emergency preparedness plan and make sure that you are doing everything you can to be ready for emergencies.



## Save more with these Get Ready stockpiling tips

### Make sure and stock the right batteries

Don't stockpile rechargeable batteries in your emergency supplies, emergency experts advise.

While rechargeable batteries are an economical choice for items you use every day, they can lose their charge when left unused for long periods in storage.

To make sure that your emergency flashlights and other supplies are ready to go when you need them, stockpile only regular batteries.



Artwork courtesy Microsoft Clip Art Gallery

Still need more ideas? Try some of these money-saving tips:

- ◆ Don't know what to do with those napkins and plastic forks and spoons you receive at fast food restaurants or with your take-out food? These freebies make great additions to your emergency supply kit.
- ◆ Free condiment packets such as mayo, ketchup, jelly or taco sauce can add some flavor to meals during an emergency. Expiration dates vary and aren't usually marked on the packets, so throw them out after a few months or if they are punctured, become hard or are rancid.
- ◆ Go veggie! You can save a bunch on your stockpile by bypassing meat products and loading up on canned veggies and fruits. Canned beans are a great option, as they are filling and pack a lot of protein.
- ◆ Take a tip from your grandparents and grow and can your own food. A few dollars of seed packets can yield enough canned tomatoes, cucumbers and green beans to last you for months. Look for canning information and supplies online.

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## Preparedness tips: Emergency supplies for your pets

It's important to remember your whole family when preparing for an emergency and that includes your furry and feathered family members. Your pets need supplies too, and they can't pack their own. A little planning can help your pets remain safe and happy until an emergency is over.



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### How can pet owners be prepared for emergencies?

Prepare a stockpile of at least three days of food and bottled water for your pet. When choosing food to pack in the supplies, include your pet's usual, everyday food — the last thing you want to deal with during an emergency is your doggie's upset stomach. It's also important to keep a two-week supply of your pet's medicines on-hand. Store the supplies in a watertight and pest-proof container and place it in an easily accessible location. Check on the supplies twice a year when you change your clocks for daylight saving time to keep your pet's food and medicine fresh.



If you are told to stay in your home, keep your pets with you at all times. That way if you have to suddenly evacuate, you won't have to spend precious time trying to locate them under the bed.

### What should I do if we have to evacuate?



The best thing for your pets is to bring them with you every time you evacuate. Even if you are only planning to be gone for a few hours, emergency conditions can prevent you from returning for days or weeks. Prepare an evacuation kit that includes your pet food and water stockpile. Don't forget to bring food and water bowls, along with garbage bags for clean-up. Pack a few photos of your pets in case you become separated and need help locating them.

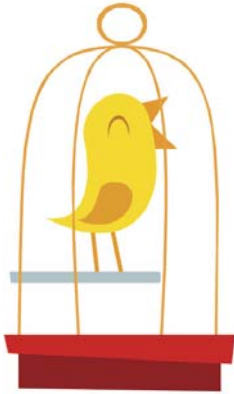
Bring a separate cage for each pet. When animals are stressed or scared, they can become aggressive toward each other, even when they are usually the best of friends. For smaller pets, consider a collapsible cage, as it will be easier to handle when it's not being used.

Certain types of pets require additional items. If you have a cat, try this trick: Instead of lugging around your cat's litter box, pack an aluminum roasting pan. It is

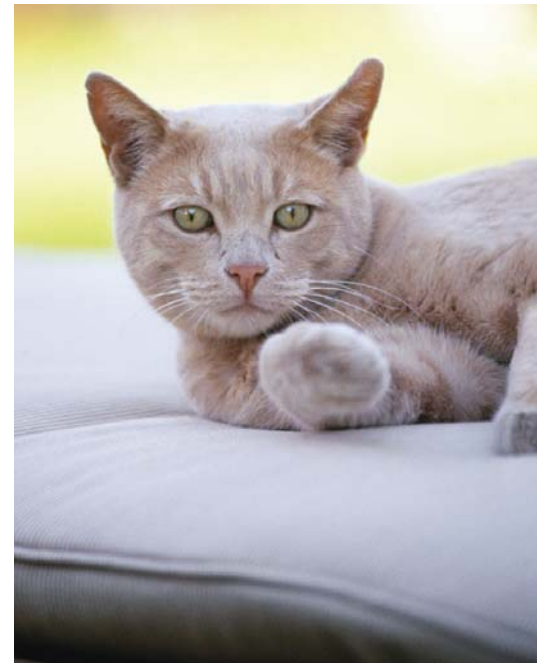


easier to carry and can be thrown away after use. When packing your supplies for kitty, don't forget extra litter and a scoop.

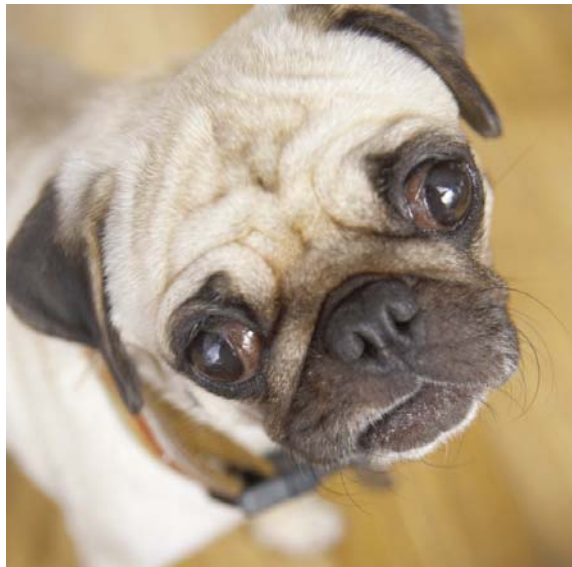
For dogs, bring an extra-long leash. This will allow them to get some exercise without being out of your control. If you have a bird, include a blanket in your supplies so that you can drape it over the cage. Small pets such as hamsters are easy to evacuate, but don't forget fresh bedding and other supplies. If you have fish, set aside a small lidded and vented fish-safe container that can be used to transport them quickly, and put together an emergency supply of water conditioner and food.



If you live in an area that is frequently evacuated, such as in areas that are prone to hurricanes or wildfires, consider keeping some supplies in your car. This will allow you to evacuate as quickly as possible.



## What arrangements should I make ahead of time?



Many emergency shelters don't accept pets. Plan ahead of time and locate facilities that will allow you to board your pet. Contact friends, family members and kennels located 60 miles to 90 miles away from your home. Bring a copy of your pet's medical history and vaccine records, as many kennels require proof of health.

Some motels also allow guests to bring pets, but you should check ahead first. You can find lists of motels that allow pets online, but call them directly to make sure the information is accurate. Prepare a list of possible places to stay with your pet long before you evacuate so that you won't be scrambling during an emergency.

For more tips on preparing your pet for an emergency, ask your veterinarian for advice.



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## Cold & flu supplies: What you need when you are home sick

Having a stockpile of supplies in case of an emergency is always a good idea. After all, you never know when you may lose power or water or have to evacuate at a moment's notice. But what about supplies that you would need if you were sick with a really bad cold or the flu and had to stay home for days at a time? If you're sick enough that you can't go to work or school, you shouldn't be running out to the store for supplies and medication and sneezing all over your fellow shoppers.



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### Why do I need to have supplies for a cold or the flu?



If you're sick with the flu (or a flu-like illness) the Centers for Disease Control and Prevention recommends that you should stay home and keep away from others as much as possible.

In fact, CDC officials say you should stay at home until you are fever-free for at least 24 hours without the use of medication. That means it could be just you, your cat and talk show episodes for quite a few days. So if it's flu season or if someone you know is sniffing and sneezing, take some time to check your sick-day supplies.



### What should I have on hand in case I get a cold or the flu?

At the very least, you know you're going to need tissues and some cold or flu medicine. Don't forget to stock up on liquids, such as decaf tea or soup (but watch out for soups with high sodium, as that can make you more dehydrated).

You should also make sure you have some surface cleaners, disinfectants and paper towels at home, as studies have shown flu viruses spread easily through tissues and can survive on surfaces in your home for up to eight hours. Make sure to throw tissues directly in the trash, and wash your hands afterward. It's important to keep surfaces (especially bedside tables, bathroom surfaces, kitchen counters and kids' toys) clean by wiping them down with a household cleaner according to directions on the product label.



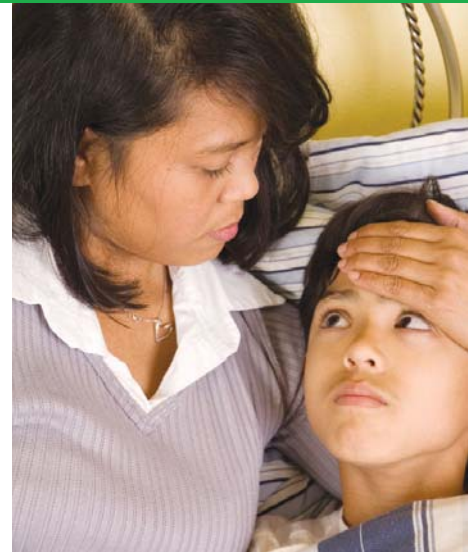
You'll also need laundry detergent and dish soap. Linens, eating utensils and dishes that are used by a sick person don't need to be cleaned separately, but don't share those items without washing them first. Eating utensils should be washed either in a dishwasher or by hand with water and soap. As the influenza virus is destroyed by heat, tumble-dry all your bed sheets and towels on high heat after machine washing.

## Do I need to buy masks to care for a sick family member?

In general, if you're not at high risk of becoming ill, you don't have to wear a face mask when taking care of someone at home who has the flu, according to CDC, which created new mask advice in response to H1N1 flu, also known as swine flu.

But if you are at high risk for flu — because of your age, a chronic disease or other factors — then you shouldn't be a caregiver. If that can't be avoided, then wear a face mask or respirator to protect yourself, says CDC. Surgical-type masks can keep splashes from reaching you as well as stop droplets from reaching the person you are caring for. Don't touch the mask when it is on your face and don't reuse it. After you take off a mask, clean your hands with soap and water.

Another option is an "N95" respirator, which fits snugly and can protect you from inhaling small air-borne particles that may contain viruses. For more on masks and H1N1 flu, see the CDC Web site at [www.cdc.gov/h1n1flu/masks.htm](http://www.cdc.gov/h1n1flu/masks.htm)



## Stockpiling for colds and the flu: A checklist

### Handwashing or hand sanitizers?

Soap and water are still the best way to keep your hands clean and free of germs. But if soap and water aren't available, health officials recommend using an alcohol-based hand sanitizer.



The best hand sanitizer is one that contains a minimum of 60 percent alcohol, as anything lower just won't do the trick. Remember to double-check the label before using or purchasing the product.

Here's a suggested checklist you can use to prepare yourself or your family for a cold or the flu. Check with your doctor to see if there is anything else you'd need and make adjustments for you or your household:

- Non-prescription medications such as pain relievers, fever reducers, decongestants, anti-diarrheal medication and cough drops
- Alcohol-based hand sanitizer
- Thermometer
- Facial tissues
- Face masks or respirator (if recommended)
- Canned or instant soups (look for low sodium)
- Decaffeinated tea
- Heat or ice pack
- Toilet paper
- Blankets
- Laundry detergent
- Household cleaners
- Paper towels
- Soap
- DVDs and books
- Your doctor's phone number

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