

A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

# Plan 9

## 1 Water

**Bottled water.** One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.



Done

## 2 Food

**Nonperishable food.** A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix

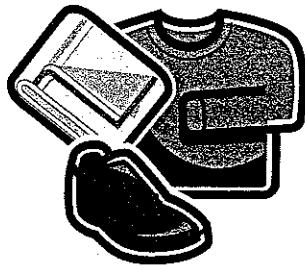


Done

## 3 Clothes

**Collect one** change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of inclement weather.

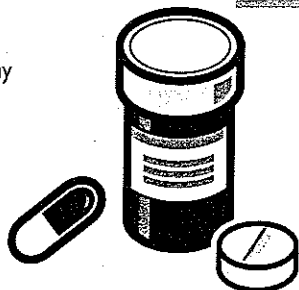


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## 4 Medications

**Collect three days worth** of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.

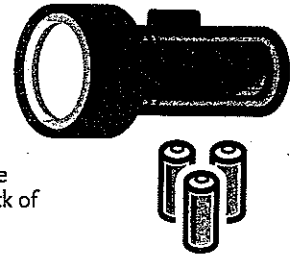


Done

## 5 Flashlight

**Keep a bright flashlight** in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.



Done

## 6 Can Opener

**Make sure it's a manual** can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!

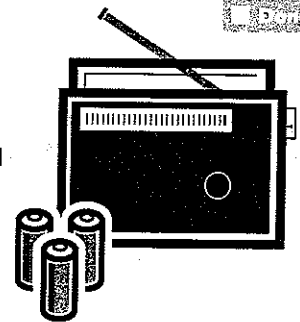


Done

## 7 Radio

**A battery-powered radio** for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.

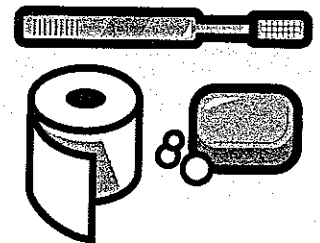


Done

## 8 Hygiene Items

**Just the basics** like soap, toilet paper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

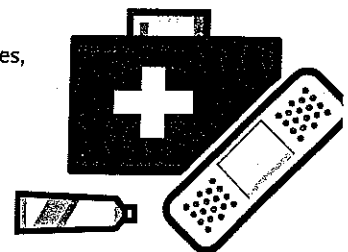


Done

## 9 First Aid

**Basics such as** antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



Done

NOTES



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## FLU KIT

What every household should have before flu season:

- Disposable tissues
- Liquid soap
- Paper towels
- Alcohol-gel hand cleaner with at least 60% alcohol
- Thermometer
- Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin)
- Fluids for replacement (juices, teas, soda, soup, Jello, see recipe below)
- Cleaner/disinfectant for surfaces (see recipe below)
- Masks – regular one for the sick person and caregiver
- Phone numbers to keep handy:

Physician \_\_\_\_\_

Pharmacy \_\_\_\_\_

Someone to care for children \_\_\_\_\_ # \_\_\_\_\_

9-1-1

Remember to get your regular prescriptions filled at least five days before they run out. You may not be able to get to the pharmacy.

Have a plan ready for care of your children if school is closed and you need to go to work.

Have a plan ready for the inevitability of either your spouse or children becoming sick so you can go to work.

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