Disaster
A Disaster Kit for Staying at Home

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Disasters happen anytime and anywhere. Is your family prepared to cope with an emergency until help arrives? You need to prepare now, before a disaster strikes. Put together a disaster supplies kit. When you’ve gathered supplies, discuss an emergency plan. Then you will be better able to stay at home with no water or electricity.

Preparing the Kit

Use the following checklist, as a guide to see what supplies you will need to stock the basics: water, food, first aid supplies, clothing and bedding, emergency supplies and tools, and special items. You will need these items if your family is confined at home.

Water

Water is the most important item. Store water in a plastic container, such as clean soft drink bottles, and avoid using containers that could contaminate the water, decompose, or break. To keep stored water fresh, change it every 6 months.

A normally active person needs to drink at least 2 quarts each day. If it’s hot and you are very active, you need twice as much. Children, nursing mothers and sick people will need more.

- Store at least 1 gallon of water per person per day (2 quarts for drinking and 2 quarts for food preparation, washing dishes, and bathing) Two gallons per person is better.
- Keep at least a 3-day supply of water for each person in your household, more if you have a place to store it.
- Include bleach for purifying additional water if supplies run out.
- Coffee filters may be used to remove sediment before purifying water.
- You will need extra fuel for boiling water if stored supply runs out.
- Include a medicine dropper of 1/8 tsp. and ¼ tsp. measuring spoons for measuring bleach.

If the main water line was turned off before the emergency, the water in pipes will be safe to use. Water in the hot water heater and toilet tank (not the bowl) also should be safe. When purifying water, use 16 drops from a medicine dropper or ¼ teaspoon of chlorine bleach for each gallon of water. If the water is not clear even after filtering, double the amount of purifying agent. If a slight bleach odor does not remain after 30 minutes, do not use the water.

Food

Keep a 2-week supply of nonperishable food at home in case of a disaster. Since gas or electricity could be off during an emergency, select foods that require no refrigeration, preparation or cooking, and little or no water. Rotate the food with newly purchased food supplies to ensure freshness. You may need some fuel source, if you want to heat food.

Buy the size container that can be used in one meal.

Make sure you purchase foods that you and your family like, as well as foods that have a long shelf life. Because they contain liquids, canned fruit, vegetables, and fruit juices are excellent choices.
Consider the following for your Disaster Supply Kit

- Ready-to-eat canned fruits and vegetables
- Canned juices, milk, soup (if powdered or concentrated store extra water), cheese spreads
- Staples, (sugar, salt, and pepper)
- High-energy foods (peanut butter, jelly, crackers, granola bars, trail mix, dried fruit and nuts)
- Vitamins
- Foods for infants, elderly persons, or those on special diets
- Comfort foods, such as cookies, hard candy, sweetened cereals, lollipops, instant coffee and tea bags
- Canned meats such as tuna and Vienna sausage

To prepare food, include the following:

- Charcoal
- Wood for the fireplace
- Fuel cups – Sterno
- Gas for gas grill

Clothing and Bedding

Remember that your air conditioner or furnace might be out. Be sure you can get to your clothing that is appropriate for very high or very low temperatures.

First Aid Kit

Store your kit in a convenient place, and make sure everyone knows where it is. Ask your doctor or pharmacist about storing prescription medicines. Keep a first aid kit at home and another in each car. Store items in airtight plastic bags. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- Tongue depressors for small splints
- Gauze pads (2-inch and 4-inch)
- Roller bandages (3-5 rolls)
- Tube of petroleum jelly or other lubricant
- Hypoallergenic adhesive tape
- Assorted sizes of safety pins
- Scissors
- Cleaning agent or soap
- Tweezers
- Latex gloves
- Needle
- Sunscreen
- Moist towelettes
- Antiseptic (alcohol and antibiotic ointment)
- Thermometer

Non-prescription drugs

- Aspirin or other pain-reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (used to induce vomiting if advised by Poison Control Center)

Emergency Supplies and Tools

- Cash and/or traveler’s checks
- Pliers
- Battery-operated radio and extra batteries
- Tape
- Cellular phone (fully charged)
- Matches in a waterproof container
- Compass
- Cameras to document damage
- Aluminum foil
- Paper cups, plates, and plastic utensils
- Plastic storage containers
- Flashlight and extra batteries
- Signal flare
- Non-electric can opener
- Plastic trash bags
- Utility knife
- Needle, thread
- Fire extinguisher, ABC-type
- Adjustable Wrench to turn off house-hold gas and water
- Tube tent
- Medicine dropper/measuring spoons
- Whistle
- Plastic sheeting/tarpaulin
- Paper and pencil
- Utility Hammer
- Roofing Nails

Sanitation

- Toilet paper
- Towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Household chlorine bleach (without scent)
- Coffee filters (for water sanitation)

Special Items

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Baby food

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra Eyeglasses
- Incontinence products

For Pets

- Food
- Water
• Litters
• Medications
• Have a leash on hand

**Entertainment Ideas**

• Games and books
• Board games, card games, and coloring books
• Play charades
• Make a scrapbook of souvenirs, postcards or pictures
• Make a puppet from a bag, sock, glove or scraps of fabric
• Make up your own greeting cards
• Make a funny song using a familiar TV show
• Make a scrapbook of souvenirs, postcards or pictures
• Have a person write a sentence
• Make a puppet from a bag, sock, glove or scraps of fabric
• Make a scrapbook of souvenirs, postcards or pictures
• Play charades
• Coloring books
• Board games, card games, and coloring books

**TIPS:**

**Do Not** use gas or charcoal grills inside a closed area such as your home or garage.

Lay the garden hose in the sun for hot water.

A full freezer will stay colder longer. Put jugs of water in freezer 2 to 3 days ahead of and expected disaster.

Open the refrigerator or freezer and remove items that you will use for that day and put them in a cooler for later use. This will help the refrigerator or freezer stay colder longer.

Cover the refrigerator and/or freezer with blankets to add extra insulation.

**Do Not** use a generator in a closed space such as a garage or house.

**Moisture and Mildew Issues:**

In Eastern North Carolina, moisture problems in and around the home can be a problem even during normal years. Moisture problems can become severe after a Tropical storm or Hurricane. These types of storms can produce a large amount of wind driven rainfall and possibly result in damage to windows and roofs allowing rain to enter the home.

The following materials may be used to remove mold and mildew from surfaces in the home:

**Denatured Alcohol –**

1 cup of denatured alcohol to 1 cup of water to remove mildew from leather. Dry in a well ventilated area.

1 cup of denatured alcohol to 1 cup of water and blot on fabric surfaces of upholstered furniture. Dry using a fan, heater, or hairdryer.

**Trisodium Phosphate – (or washing soda)**

4-6 tablespoons in one gallon of water to remove mildew from wood floors, painted walls, or wood surfaces. Rinse well with water.

**Household Bleach –**

Use 1 to 2 quarts of liquid household bleach, 1/3 cup of detergent and 2 to 3 quarts of warm water to remove mold from wood if the mold has penetrated the finish into the wood. Rinse with water.

Use 1 to 2 quarts of household bleach, 1/3 cup of household detergent and 2 to 3 quarts of water to remove mildew and mold from the exterior of the house. Scrub the surface with bristle brush or sponge. Rinse with water.

**NEVER** mix Ammonia with Bleach, as a poisonous gas will be released!! This gas will burn eyes, nose, throat, and lungs. Damage could be permanent or **FATAL.**

**Mildew on Clothing**

If possible, wash and dry immediately or dry clean if necessary. If you cannot launder properly, hang individually in the sun or well-ventilated area to dry as quickly as possible to stop mildew growth. Treatment with denatured alcohol solution as directed for leather will help. Launder as soon as possible.

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