When Disaster Strikes, Be Prepared

In case of an emergency, there are several things you need to know for you and your family's survival. You should be able to maintain for at least 72 hours following a disaster. This brochure is meant to guide you with the basic information you need to make a disaster supply kit.

Florida Department of Health

Community Environmental Health
4042 Bald Cypress Way
Tallahassee, FL 32399
850-245-4277
1. **The basics**

- Water, one gallon of water per person, per day for at least three days.

- At least a three day supply of non perishable food, battery powered or crank radio, and a NOAA Weather Radio with tone alert and extra batteries.

- First aid kit, whistle to signal for help, dust mask, moist towelettes, garbage bags and plastic ties for sanitation.
2. **Food**

- Ready to eat canned food
- Canned juices
- Condiments
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

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**Donita Brunson**
ALPI - Agricultural and Labor Program, Administrative Office
772-466-2631

**East Coast Migrant Head Start Project**
(863) 467-0702

**El Centro Santa Fe**
863-763-8080

**Agricultural and Labor Program – Okeechobee Child Development Center**
863-467-5552
3. First Aid Kit

Assemble a first aid kit for you and your car; these materials are useful in the event of an injury to either you or a family member.

(2) germicidal hand wipes or waterless alcohol-based hand sanitizer
(6) antiseptic wipes
(2) pair large medical grade non-latex gloves

- Adhesive tape 2 inch width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

**Okeechobee County:**

**Verna Alderman**
East Coast Migrant Head Start Project (ECMHP), Center I
863-467-0702

**Mr. Bruce Swinford**
Big Lake Mission
863-763-5725

**Oderay Fiol-Beliz, Center Director**
East Coast Migrant Head Start Project, (ECMHP), Center II
863-467-6930

**Autrie Moore-Williams**
Glades Community Development Corporation
3. **Non Prescription Drugs**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup Ipecac (used to induce vomiting if instructed by the poison control center)
- Laxatives
4. **Tools and Supplies**

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery operated radio and extra batteries

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**Broward County:**

**Ms Wanda Lopez**  
St. Isidro Catholic Church  
954-971-8780

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**Collier County:**

**Schlea Williams, Shelter Manager**  
Immokalee Friendship House  
(239)657-4090

**Miguel Delacruz, Property Manager**  
Horizon Village  
239-657-3398  
Cell: 239-842-0491

**Sylvia Delgado**  
Redlands Christian Migrant Association  
239-503-4056
Brevard County:

Pastor Javier LaBoy
LifeHouse, Inc.
Telephone 321 726-9003

Pastor Asdruval Salinas
Iglesia Pan de Vida
321 504-9569

Maryann Gilbourd
Ascension Catholic Church
Social Concerns and Food Pantry
321-259-5658

Sandra Ayala
Iglesia Discípulos de Cristo
321 733-0059

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What You Need to Know in Case of an Emergency

- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher; small canister ABS type
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Single flare
- Paper, pencil

- Leave early enough to avoid being trapped by severe weather.
- Stay away from downed power lines.
- Let others know where you are going.
• Listen to a battery powered radio and follow local evacuation instructions.

• Gather your family and go if you are instructed to evacuate immediately.

• Shut-off wrench (to turn off gas and water

• Whistle

• Plastic sheeting

• Map of the area (for shelter locating)

6. Sanitation

• Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Household chlorine bleach

- Gas stations may be closed during emergencies and unable to pump gas during power outages. Plan to take one car per family to reduce congestion and delay.

- Make transportation arrangements with friends or your local government if you do not own a car.
Evacuation

There are a few things to keep in mind when there is little time to get everything you need in case an evacuation is necessary. Always keep these things in mind;

- Keep a full tank of gas in your car if an evacuation seems likely.
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant

7. Clothing and Bedding

Include one complete change of clothing and footwear per person

- Blankets or sleeping bags
• Sturdy shoes or work boots
• Rain gear
• Hat and gloves
• Thermal underwear
• Sunglasses
• Prescription drugs
• Passports, social security cards, immunization records
Important Family Documents

- Keep records in a waterproof, portable container
- Will, insurance policies, deeds, stocks and bonds
- Bank account numbers

- Denture needs, contact lenses and supplies.
- Extra eye glasses
- Credit card information
- Inventory of household goods, important telephone numbers.
- Family records (birth, mar-
riage, death certificates).

8. For Baby
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

9. For Adults
- Heart and high blood medication
- Insulin

10. Entertainment
- Games and books
- Portable music device