

SPECIAL NEEDS KIT



Special Needs

In addition to the items of a standard preparedness kit - Water, Food, Radio, Flashlight, First Aid Kit - consider special needs like...



Babies/Young Children

- Infant Formula and Bottles
- Diapers and Diaper Rash Ointment
- Powdered Milk
- Medications
- Books, Games, Puzzles or other Activities for Children



Special Needs Adults

- Prescription Medications
- Dosage and Frequency
- Glasses/Contacts Supplies
- Special Medical Supplies
- Special Equipment



Other Items to Consider

- Medical Insurance ID Cards
- Doctor's Contact Information
- Cell Phone Charger
- Family Records: Wills, Deeds,
- Tax Records, Insurance Policies
- Store Family Records Online
- Recent Pictures of Family Members
- Cash or Traveler's Checks
- Comfortable Walking shoes
- Pet Food, Extra Water, Pet Supplies
- Pet Carrier



**San Joaquin County
Public Health Services**
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www.sjcphs.org
209-468-3411

**Follow PHS on Twitter & Facebook
@SJCPHS**

Additional Information

U.S. Department of Homeland Security	ready.gov
Federal Emergency Management Agcy	fema.gov
Centers for Disease Control	cdc.gov
CA Dept. of Public Health	cdph.ca.gov
SJC Healthcare Services	sjgov.org/departments/hcs/

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**BE PREPARED,
TAKE THE
FIRST STEP!**



**PREPAREDNESS
AND
PUBLIC HEALTH
THREATS**

DON'T WAIT – PRIOR TO AN
EMERGENCY COLLECT
THESE ESSENTIAL ITEMS TO HELP
YOU SHELTER-IN-PLACE

www.sjcphs.org



MAKE A PLAN



Fire Safety

Plan two ways out of every room in case of fire. Remove objects that block exit paths. Know how to turn off utilities.



Create a Support Network

Make a list of family and friends who may help during a disaster and let them know the plan.



Family Communication Plan

Consider a plan for each family member to call or e-mail the same friend or relative to check in.



Decide to Stay or Go

Depending on the emergency, make plans to stay at home or leave the area. Consider both possibilities and share the plan with family members, relatives and friends.



Staying Put

Consider what you can safely do to shelter-in-place alone or with family and friends. When contamination is an issue, learn about "sealing the room."



Evacuation

There may be conditions in which you may evacuate. Plan on how you will get away and where you will go. Follow evacuation instructions.



Remember your Pets

Make plans in advance for your animals. If you must evacuate, take your pets with you, if possible. However, know only service animals are allowed inside public shelters.

GET A 72hr KIT



Water

Minimum suggestion is 1- gallon of water per person for 3-days, for drinking & sanitation.



Food

At least a 3-day supply of non-perishable food and a manual can opener. Don't forget the pet food!



Radio

Battery-powered with a hand crank. NOAA bands for Weather with tone alert & extra batteries.



Flashlights

Don't forget the extra batteries.



First Aid Kit

Basic supplies, antiseptic, bandages & non-prescription medicines. Keep a 7-day supply of all prescription medications.



Dust Masks

To help filter tainted air. Plastic sheeting & duct tape to shelter-in-place.



Moist Wipes

For personal sanitation.



Tool Kit

Make sure it includes tools to turn off utilities. Check ahead of time to ensure they will work.



Whistle

To signal for help.

FAMILY COMMUNICATIONS



Family Contacts

Ensure all contact information for each family member is in your phone and written down on cards for each family member to carry.



Contact Information

Include the following information for each person:

- Out of area contact names, email & telephone numbers.
- Name, birth date, social security number and important medical Info.
- Information on where each family member spends the most time: work, school, etc.
- Schools, daycare providers, workplaces, and apartment buildings should have site-specific emergency plans.



Communications Plan Guide

Pre-printed family communication plan forms are available from Homeland Security. Search "ready.gov family communications plan". The forms will guide you through creating your family communication plan.