

# Stay-at-home Supplies

Many potential public health emergencies will direct the public to stay in their homes and neighborhoods. You and your family need to be prepared.

A good strategy is to occasionally buy canned goods, bottled water and non-perishables at the grocery and store them in a cool, dry place in your home. A two week supply is recommended. Also keep a list of medical prescriptions, important papers, and a communication plan readily accessible.

Here's a checklist you can use to prepare for emergencies.

## Food and Water

- Bottled water
- Canned or dried meats, nuts, fruits, vegetables and soups
- Rice and noodles
- Canned juices or sports drinks
- Dry cereal or granola
- Crackers
- Peanut butter
- Powdered milk
- Protein and fruit bars

**Prepare.**

**Practice.**

**Participate.**

## Medical and Health Care

- Fever thermometer (extra batteries for digital thermometers)
- Copies of prescriptions (medicine and eyeglass) for each person in the household
- Prescribed medical supplies (such as glucose and blood pressure monitoring devices, oxygen and nebulizers)
- Medicine for fever and pain, such as acetaminophen or ibuprofen
- Anti-diarrheal medicine
- Vitamins



## Other Emergency Supplies

- Flashlight and extra batteries
- Portable radio and extra batteries
- Manual (hand-operated) can opener
- Alcohol-based hand sanitizer
- A traditional phone that does not require a battery to operate
- Soap
- Tissues, toilet paper, disposable diapers and feminine hygiene products
- Pet food, baby food, breastfeeding supplies and other items to meet your family's specific needs
- Plastic garbage bags
- Cash
- Copies of your health insurance cards and numbers, immunization (vaccines, shots) records, and documents to verify residency

## Tips for storing food and water:

- Do not buy or use dented cans.
- Use and replace items on a regular basis to ensure freshness.
- Do not store items past expiration dates on product labels.

In addition, organize your financial information with a financial first aid kit at [http://operationhope.org/fileupload/File/effak\\_english.pdf](http://operationhope.org/fileupload/File/effak_english.pdf)



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[www.co.ramsey.mn.us/ph](http://www.co.ramsey.mn.us/ph)

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