

# PORTLAND FIRE & RESCUE

## EMERGENCY PREPAREDNESS

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Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if you did not have water, gas electricity or telephones after a major emergency? Police and Fire will respond to the scene of an emergency or disaster, but they cannot reach everyone right away. Families can and do cope with disasters by preparing in advance. You too can be prepared by maintaining a 72-hour emergency supply kit for your home.

### **72-HOUR EMERGENCY SUPPLIES FOR YOUR HOUSEHOLD**

#### **General Emergency Supplies**

- Water (3 gallons per person to last 3 days)
- Duffel bags or other durable containers for all items below
- Non-perishable, ready-to-eat food
- Manual can opener and basic food utensils
- Mess kits, or paper plates and cups, and plastic silverware
- Small camp stove or “canned heat” like Sterno
- Household liquid bleach (unscented) and medicine dropper
- Resealable plastic bags
- Flashlight with batteries and spare bulb
- Spare batteries (radio and flashlight)
- Paper and pencil
- Pliers/wrench/screwdriver
- Small shovel
- Pocket knife
- Duct tape
- Whistle
- Small A-B-C type fire extinguisher
- Large Tarp/Tent

#### **Hygiene and Personal Care**

- Toilet paper
- Pre-moistened towelettes
- Personal hygiene items –bar soap, shampoo toothbrush, etc.
- Feminine supplies
- Heavy-duty plastic garbage bags with ties

#### **Supplies for Infants and Children**

- Formula and bottles
- Powdered milk

#### **For Each Member of the Household**

- One complete change of clothing
- Sturdy shoes (keep by bed)

- Rain Poncho
- Warm cap and gloves
- Blanket or sleeping bag for each person

### **First Aid and Medical**

- Basic First Aid Book
- 7-10 days of any prescription medications
- Personal list of medications
- Denture needs
- Spare contact lenses and supplies
- Pair of extra eyeglasses
- Spare batteries for hearing aid

### **Other**

- Pet Food (remember your pets water supply)
- Games, books, other entertainment, especially for children
- Cash, checks, credit cards, roll of quarters and dimes for pay phones
- Insurance policy numbers
- Name and number of insurance agent and doctor
- Out of state contact number and numbers of people you want to contact

### **Storage of Supplies**

Store emergency supplies in one location that is cool, dark and safe (such as garage corner, closet, or under a bed). Use clean portable containers such as a garbage can on wheels, plastic tubs with lids or duffel bags. Replace stored food once a year.

For additional information on Disaster Preparedness, contact Portland Fire & Rescue's Public Education Office at (503) 823-3700.