

# Town of Southington

## Department of Emergency Management



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## BUILD AN EMERGENCY KIT

### BASIC SUPPLIES

Think first about survival basics – food, water, first aid, and tools. Plan to make it on your own for at least three days. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you should go into a basic kit, please refer to [www.ready.gov/basic-disaster-supplies-kit](http://www.ready.gov/basic-disaster-supplies-kit).

The second step is to consider how an emergency might affect your individual needs. During emergencies, you may not have access to disaster assistance, a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis, and what you might do if those resources are limited or not available.

### INCLUDE IMPORTANT DOCUMENTS IN YOUR KIT

Include copies of important documents in your kit, such as family records, medical records, wills, deeds, social security number, charge and bank account information and tax records. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies. It is best to keep these documents in a waterproof container, if there is any information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well. Also make sure that a trusted friend or family member has a copy of these documents. Include the names and numbers of everyone in your personal support network, as well as your medical and disability service providers. If you have a communication disability, make sure your emergency information includes instructions for the best way to communicate with you. Even if you do not use a computer yourself, consider putting important information onto a portable thumb drive for easy transport in an evacuation.

### FINANCES

Signing up for direct deposit or the Direct Express card is a simple but important step that can help protect your family's access to funds in case an emergency happens. If you or those close to you are still receiving Social Security or other federal benefits by check, please consider switching to one of these safer, easier options today.

- Arrange electronic payments for your paycheck and federal benefits.
- The Direct Express prepaid debit card is designed as a safe and easy alternative to paper checks for people who don't have a bank account. Sign up is easy, call toll-free at (877) 212-0991 (phone), (866) 569-0447 (TTY) or sign up online at [www.USDirectExpress.com](http://www.USDirectExpress.com).

### DEPENDING ON YOUR NEEDS, ADDITIONAL ITEMS FOR YOUR GO KIT MIGHT INCLUDE:

- Copies of medical prescriptions, doctors' orders, and the type and serial numbers of the assistive devices you use.
- At least a week's supply of any medication or medical supplies you use regularly, or as much as you can keep on hand.
- Medical alert tags or bracelets or written descriptions of the disability and support needs, in case you are unable to describe the situation in an emergency.

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- Medical insurance cards, Medicare/Medicaid cards, physician contact information, list of your allergies and health history.
- A list of the local or non-profit or community-based organizations that know you or assist people with access and functional needs similar to yours.
- Extra eyeglasses; backup supplies for any visual aids you use.
- Extra batteries for hearing aids, extra hearing aids if you have them (or if you have insurance coverage for them)
- Battery chargers for motorized wheelchairs or other battery-operated medical/assistive technology devices.
- Supplies for your service animal. You can find more tips at <http://www.ready.gov/animals>
- A laminated personal communication board, if you might need assistance with being understood or understanding others.
- If you use a motorized wheelchair, have a light weight manual chair available for