



Preparing an Emergency Kit for You and Your Caregiver

You can use a small suitcase or backpack. Keep your emergency kit in an accessible location in the home or garage and post a note on the refrigerator as to its whereabouts in the event that both you and your caregiver are incapacitated.

- Water: one gallon per person per day, for drinking and sanitation
- Non-perishable food: at least a three-day supply
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist towelettes (baby wipes), garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Manual can opener if kit contains canned food
- Plastic sheeting and duct tape, to shelter -in-place
- Important family documents-you may consider making copies of these to give to ICE family members.
- Items for unique family needs, such as daily prescription medication or pet food

Include Medications and Medical Supplies:

- Especially for oxygen users: assure that they have a 3 day supply of oxygen available at all times.
- Assure that you have at least 1 week supply of all medications.

Other items that should be included IN the emergency kit :

- Family contact numbers both in and out of the area.
- A listing of conditions and current medications with a copy of all prescriptions, including eyeglasses

A copy of your:

- Medicare/Health Insurance Card
- Driver's License
- Home Owner's Policy
- Will and Trust Information
- Contact information of your doctor

*Consider making copies of all of these documents and sending them to the ICE contacts that you have identified in your plan.

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