

PREPARE YOUR EMERGENCY SUPPLY KIT

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last at least 72 hours.

An Emergency Supply Kit is a collection of basic items your household may need in the event of an emergency. In addition to the recommended items below, you may need to include additional items in your kit. Consider the unique needs of your family when creating your kit. Maintain your kit and update it annually. Make sure all family members know where the kit is located.

Recommended items:

- Water – one gallon of water per person, per day for at least three days
- Food – at least a three-day supply of non-perishable food. Avoid foods that contain high sodium levels, as they will make you thirsty.
- Manual can opener
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- N95 masks to help filter contaminated air
- Plastic sheeting and duct-tape in case there is an order to shelter-in-place
- Moist towelettes, plastic bags, and plastic ties for personal sanitation. Feminine supplies and other personal hygiene items.
- Wrench or pliers
- Local maps
- Cell phone chargers and a backup battery
- Pet food and extra water for your pet

Additional items to consider:

- Prescription medications, prescription glasses
- Infant formula and diapers
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Household chlorine bleach and medicine dropper to disinfect water
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person
- Fire Extinguisher
- Matches in a waterproof container
- Mess kits, paper cups, plates and utensils, paper towels
- Paper and pencil/pen
- Books, games, puzzles or other activities for children.

Consider having more than one emergency supply kit – one full kit at home, and smaller, portable kits in your vehicle or at your workplace.

Sign up for AC Alert today to ensure that you receive timely notifications in the event of an emergency.



AC Alert is the mass notification system used by City and County agencies throughout Alameda County to send critical alerts via voice, text, email, and social media notifications to persons who live, work, or visit Alameda County.

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