



10 Days/10 Areas of Preparedness

1. Food
2. Water
3. Sources of heat/warmth and light
4. First aid supplies and Medication(s)
5. Communication and Information
6. Sanitation supplies
7. Cooking supplies
8. Tools
9. Comfort supplies
10. A Plan

1. Food

Stock up on dry and canned foods that store well, have long shelf lives, and are easy to prepare. Check the dates on cans when you buy them. It also helps to write the expiration date on the can end (not the paper label) in permanent marker when you store them.

Rotation is very important. Food loses its nutritional value over time and when it is exposed to light and heat. Always keep it cool and in a dark room. To extend the shelf life of the foods, choose the containers and how they are packaged wisely. Air, light, heat, moisture, pests, etc., will destroy your food if allowed in any container. There are advantages and disadvantages to every container.

- Paper and plastic bags: Not good for long term storage. Rotate these items within 6 months to a year.
- 5 or 6 gallon plastic food grade buckets: Great for storing wheat, grains, beans and sugar. If packaged properly, food will store a very long time.
- No.10 double enameled cans: If packaged properly, food will store for a very long time.
- Bottles: For canning and preserving fruits and vegetables.
- Metal cans: Not recommended because of rusting.

2. Water

It is recommended to store a minimum of 1 gallon of water per person per day for ten days. This is just for drinking and cooking. Add additional water for bathing and washing. Having a source of water and knowing how to purify it becomes very important.

Treating (Purifying) Water

If you suspect the water is unsafe because of chemicals, oils, poisonous substances, sewage, etc., do not use the water for drinking. If you suspect the water is unsafe because of the presence of bacteria be sure to purify (treat) the water first before drinking. There are two primary methods for treating water: boiling and adding bleach. Before purifying water in any manner, filter out debris by passing it through a clean cloth, paper towel, or coffee filter.

Boiling

Boiling water is the safest method of purifying water. Bring water to a full rolling boil for at least 5 minutes.



Bleaching

If boiling is not possible, water can be made safe for drinking by treating with liquid household chlorine bleach, such as Clorox, Purex, etc. Household bleach is typically between 5 and 6% chlorine. Avoid using bleaches that contain perfumes, dyes, and other additives. Be sure to read the label.

Place the water in a clean container. Add the amount of bleach according to the table below. Mix thoroughly and allow to stand for at least 30 minutes before using (60 minutes if the water is cloudy or very cold.)

Purifying tablets or chemicals designed for use when camping or backpacking can also be an effective way to treat water. Always follow the directions on the package.

Treating Water with a 5-6% Liquid Chlorine Bleach Solution

Volume of Water to be Treated	Treating Clear Water: Bleach Solution to Add	Treating Cloudy, Very Cold, or Surface Water: Bleach Solution to Add
1 quart	3 drops	5 drops
1 gallon	10 drops (or 1/8 teaspoon)	20 drops (or 1/4 teaspoon)
5 gallons	50 drops (or 1/2 teaspoon)	5 ml (or 1 teaspoon)
10 gallons	5 ml (or 1 teaspoon)	10 ml (or 2 teaspoons)

Storing Water Safely

Store one gallon of water per person per day. Store a ten days' supply. Collect water from a safe supply. Store water in thoroughly washed plastic, fiberglass or metal containers that are lined with enamel. Never reuse a container that contained toxic materials such as pesticides, solvents, chemicals, oil, antifreeze, etc. Plastic containers such as soft drink bottles are best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly, label with date, and store in a cool, dark place. Replace water every six months. You can also purchase Aqua Blox water that is recommended by OSPI (these have a 5-year shelf life.)

3. Sources of heat/warmth and light

Heat/warmth

- Extra clothing (see #10, Comfort supply list)
- Blankets, Space Blanket
- Sleeping Bags
- Hand/Boot Warmers
- Waterproof matches
- Wood for building campfire
- Barbeque and charcoal (adequate ventilation is necessary to avoid Carbon Monoxide poisoning)
- Propane heaters with adequate ventilation



Light

- Flashlights with extra batteries **Note:** LED flashlights last a long time on a single set of batteries. And 'head lamp' type flashlights free up your hands for other tasks.
- Wind-up flashlights
- Lanterns
- Cyalume Chemical Light sticks
- Candles

4. First Aid Supplies and Medications

Make sure that your first aid kits are stocked to adequately service the number of people in your family. The American Red Cross sells first aid kits based on the number of people using them. Commercial first aid kits also come in various sizes and can be used as a guide to putting together your own kit.

In a disaster, people with special needs have extra concerns. There are additional publications available with emergency preparedness tips for people with medical needs, mobility disabilities, and visual/hearing impaired. At a minimum, store a 10-day supply of critical medications.

5. Information and Communication

A simple AM/FM battery operated radio can provide important information during a disaster. Alerts are often broadcast indicating the status of hazards, locations of shelters and food and water supplies, general disaster conditions and evacuation orders and advisories. Radios can be purchased for very little money. Some are made to be operated by solar power or cranking. Be sure and have extra batteries if your radio requires them.

A good addition to any household is a NOAA Weather Radio. These can be purchased for about \$40 - \$50 and can be set to automatically activate if a warning is broadcast about weather or other emergencies.

Communications with other people are extremely important during emergencies. Be sure to have an out-of-state contact set up in advance. It is often easier to call out of state than locally. By having one person to receive information on your status, all of your family and friends can be assured that you are OK. Be sure to have coins for pay phones (or, better yet, prepaid telephone cards to charge calls). Cell phones cannot be relied upon in emergencies because cellular sites are often overloaded, cell phone batteries die with no way to recharge them and because the cell sites go out of service from lack of power. Always have at least one 'wire line' phone in your house that plugs directly into the wall and is not cordless.

On the subject of money: It is a good idea to have some cash at home for essential purchases when credit and debit cards may not work.

6. Sanitation supplies

- Large plastic bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Liquid hand sanitizer
- Feminine supplies
- Toilet paper
- Household bleach with no additives
- Newspaper to wrap garbage and waste
- Tissues
- Portable toilets



7. Cooking supplies

- Can opener
- Waterproof matches
- Plastic forks, spoons, knives
- Paper plates and cups
- Paper towels
- Aluminum foil
- Pots & Pans
- Serving utensils
- Ziploc Bags
- Barbeque and charcoal
- Cooking stove and propane fuel

8. Tools

- Broom
- Shovel
- Ax
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of ½" rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Dust Masks
- Bow Saw
- Hard Hats
- Heavy Gloves
- Crow Bars
- Safety Glasses
- Duct Tape
- Staple Gun
- Leatherman type tool
- Nails & Screws
- Tarps

9. Comfort supplies

- Second pair of warm/sturdy shoes or boots (tennis shoes, hiking boots, or snow boots)
- Sweatshirts
- Coats, hats, gloves
- Extra socks
- Complete extra change of clothes
- Blankets
- Sleeping bags
- Toys, books, puzzles, games
- Wind-up or battery powered radio / TV
- Candy and yummy snacks, especially for children

10. A Plan

Be sure that you have an emergency plan. It doesn't need to be complicated, but everyone in your family or your business needs to know what to do. Share it with everyone at least once a year. For examples of good plans go to the American Red Cross or FEMA web sites.