



KEARNEY COUNTY  
HEALTH SERVICES

# BUILD AN EMERGENCY KIT

An emergency kit helps your household stay safe if you need to be on your own for several days.

Start with the essentials on this checklist, then add items to meet your family's unique needs; including pets, medications and special supplies.

## MAINTAINING YOUR KIT

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed.
- Re-think your needs every year and update your kit as your family's needs change.



## KIT STORAGE LOCATIONS

**Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

**Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a "grab and go" case.

**Car:** Also keep a kit of emergency supplies in your car.

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# EMERGENCY SUPPLIES

## PERSONAL NEEDS

- ☐ Clothes (2 pair per person)
- ☐ Cloth or medical masks (3 pcs)
- ☐ Mini toiletries (toothbrush, soap)
- ☐ Personal medication + first aid kit

## TOOLS & ENERGY

- ☐ Wrench or pliers
- ☐ Powerbank
- ☐ Small flashlight
- ☐ Lighter
- ☐ Extra Batteries
- ☐ Mini radio

## FOOD & DRINK

- ☐ Water and food for several days
- ☐ Can opener if needed
- ☐ Vitamins / supplements

## HOUSEHOLD ITEMS

- ☐ Moist Towelettes, garbage bags & ties
- ☐ Whistle to Signal for Help
- ☐ Local Maps
- ☐ Plastic sheeting, duct tape



## ADDITIONAL ITEMS TO CONSIDER

### DOCUMENTS

- ☐ Identity card, ATM, marriage certificate
- ☐ Cash and Change
- ☐ Written emergency contact

### PERSONAL NEEDS

- ☐ Prescriptions and glasses
- ☐ Sleeping bag or warm blankets
- ☐ Feminine supplies, personal hygiene
- ☐ Hand sanitizer, infant formula, diapers

### MISC ITEMS

- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Emergency reference materials, first aid book
- ☐ Sunscreen & Bug Spray
- ☐ Paper & Pencil
- ☐ Mess kits, paper plates, disposable utensils, paper towels
- ☐ Books, games, puzzles, activities for younger children