



SAFETY TALKS:

Infectious Disease Emergency Kit

Having a personal emergency kit is essential to any kind of emergency preparedness plan. Here are just a few things you can add to your personal emergency kit for pandemic events:

Hygiene and Home Care

- First aid kit
- Critical papers including lists of medical conditions, medicines, allergies
- Tissues
- Antibacterial Liquid Hand Soap
- Hand sanitizer (with at least 60% alcohol content)
- Cleaning supplies (e.g., Bleach (unscented), Lysol, Wipes)
- Facial coverings (e.g., surgical style masks)
- Gloves (make sure you get the appropriate sizes for your needs)
- Plastic bags for discarding contaminated items
- Thermometer (non-contact)
- Batteries for thermometer

Food and Water

- 1-2-month supply of non-perishable food
Ex: canned food, trail mix, crackers, peanut butter, etc.
- 1-week supply of water

Medicines

- 1-2-month supply of prescription medicines
- 2-month supply of fever medicines (e.g., ibuprofen, acetaminophen)

Each family member should have an emergency “go-kit” that is portable, and well stocked. Provide any extra supplies for family members who are young, old, or have functional needs (e.g., diapers, baby wipes, formula, glasses, hearing aids/batteries, etc.) Do not forget your pets. Keep adequate supplies of dog or cat food, kitty litter, treats, medications and emergency supplies your pets might need.