

Build an emergency preparedness kit

Disasters can occur quickly and without warning.

Assemble a kit designed to help you cope with a variety of emergencies.

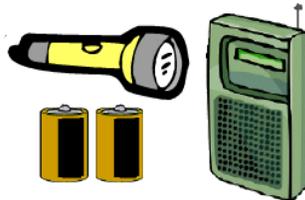


Items for your kit:



-First aid kit, essential medications and a backup power source for any required medical equipment such as an oxygen tank

-Battery-powered radio, flashlight, extra batteries



- Canned food, manual can opener

-Bottled water (1 gallon of water per person per day for 3 days)



-Extra warm clothing including boots, mittens and a hat

-Red or brightly-colored cloth



-NOAA weather radio

A NOAA weather radio warns the public of severe weather and natural and manmade hazards from floods to forest fires to chemical spills. NOAA weather radios can be purchased from discount department stores, electronic retailers and online merchants.

Consider preparing a kit for your car, boat and RV or camper. In addition to the items listed above, a **vehicle kit should include:**



-fire extinguisher.



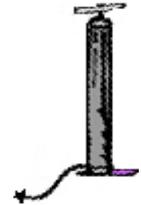
-booster cables and tow rope.

-compass and road maps.



-shovel.

-tire repair kit and pump.



-extra clothing to keep dry.

-road flare.



-small tool kit.

-kitty litter or sand for tire traction



For more information on building emergency kits, contact your local chapter of the American Red Cross.

Remember: Your emergency kit should include bottled water, canned food and a flashlight with extra batteries.



Text adapted from "Are You Prepared?" by the Cass (ND) and Clay (MN) Emergency Planning Partnerships. Adapted through a partnership with Fargo Cass Public Health and Healthy Roads Media