



Rotary's 10 Emergency Preparedness Essentials

Do These First

- Store **one gallon of water** per person, per day, and non-perishable food, critical medications (if possible), cooking and eating utensils, a can opener, and other essential supplies to cover three meals per person, per day for a minimum of 14 days. If you have pets, make sure you also store enough water and food for at least 14 days for each pet. Make sure you set aside at least a 14-day supply of all prescription medicines.
- Store a **first aid kit** under your bed. In addition, first aid kits should be stored with your water, food and other supplies, and in each of your vehicles.
- Store **protection** for your head (hard hat), hands (leather gloves), and feet (sturdy shoes and socks) under your bed, along with a flashlight, a battery-operated or hand crank portable radio, extra batteries, a whistle, a pad of paper and pen. Also, a wrench or pliers, if needed, to shut off utilities.
- **Know** how to shut off water, electricity, and gas services to your house.

Then Do These

- **Maintain** secondary sources of light and heat (generator, woodstove, etc.) for your house.
- **Prepare** your house by strapping down your hot water heater and bolting to the wall bookshelves, hutches, wardrobes, and other heavy items that could fall over. Place glass dishes and other breakable items as close to floor as possible, in drawers, or in cupboards with childproof latches.
- **Maintain** smoke alarms and place charged fire extinguishers in close proximity to potential sources of fire.
- When the **power** goes out, gasoline and access to ATMs will be limited; keep the fuel tank in your car above 50 percent and an emergency stash of money in your home.
- **Carry** an emergency contact card in your wallet; help execute the Club's Emergency Communication Plan.
- In the spirit of **service above self**, promote preparedness at your neighborhood and community levels by supporting the work of your Community Emergency Preparedness Committee, Bainbridge Island Fire and Police Departments, and Prepared Neighborhoods.

Additional Information

- WWW.READY.GOV
- **Household chlorine bleach and a medicine dropper** – When diluted 9 parts water to one-part bleach, it can be used as a disinfectant. In an emergency, you can treat water by using 16 drops of bleach per gallon of water.
- Your **hot water tank** is storing 50+ gallons of water for you.