

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

Estimated Completion Time

This presentation can be customized to fit your needs and time allowance. Ideally 30 minutes.

- 20 minutes of presentation and 10 minutes of questions
- 15 minutes of presentation and 15 minutes of questions

At the conclusion of this presentation the audience will be able to:

- Build a Grab and Go Kit
- How to store a Grab and Go Kit

The topics that will be discussed in this unit are:

- Pet Preparedness
- Storing your kit
- Supplies for your kit

Setting the Stage

Prepare in a Year



Slide 1

Insert your Agency logo on the first slide

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Grab & Go Kits 

- After an emergency, you may need to survive on your own for several days.
- Being prepared means having your own food, water and other supplies to last for several days.
- A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.



Slide 2

Talk about how everyone should have their own kit (some supplies are for the group).

Encourage kids to make their own kits, too, because what's important to them, may not be as important to you.

In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

Grab & Go Kits 

What should go in your kit?

- Food
 - High energy foods — peanut butter, granola bars, trail mix;
 - Comfort foods — cookies, hard candy, etc.;
 - Dry meats like beef sticks and jerky.
- Water
 - 2-3 days of water.
 - 1 quart per day per person
- Clothes
 - Extra socks
 - Change of clothes

 

You should take proactive steps to create a kit that you can take with you in times of an emergency that will last you for two to three days as long as it's light weight and easy to carry or tow along.

Good examples are backpacks, carry-on luggage with wheels, small plastic tub, or tote bag.

A basic emergency supply kit could include the following recommended items:

- Water (one gallon per person per day for at least three days, for drinking and sanitation)
- Food (at least a three-day supply of non-perishable food)

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	<ul style="list-style-type: none"> • Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert • Flashlight • First aid kit • Extra batteries • Whistle (to signal for help) • Dust mask (to help filter contaminated air) • Plastic sheeting and duct tape (to shelter in place) • Moist towelettes, garbage bags and plastic ties (for personal sanitation) • Wrench or pliers (to turn off utilities) • Manual can opener (for food) • Local maps • Cell phone with chargers and a backup battery
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<p>Grab & Go Kits</p> <ul style="list-style-type: none"> • Food • Water • Flashlight • Extra batteries • Light sticks • Radio (battery/crank) • Whistle • Toiletries & wet wipes • Multi-purpose tool and knife • Garbage/plastic bag • Cell Phone charging cord/extra battery • Medications • Pet items • Duct tape • Access to important documents • First aid kit • Items you need for children and other members • A set of extra clothes • Hat and gloves <p>TIP: Rotate items annually. This includes making sure the clothes you have stored still fit!</p> <p>Prepare in a Year</p>	<p>Think about what other items you and your family may need to include in your go-bag.</p> <p>Talk about the different items listed on the slide and why they may be important to some people and not others.</p> <p>Remember that you don't want to heavy to carry or pull.</p>
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Grab & Go Kits



How should I store my kit?

- Store these items in something that is portable and easily carried, like a backpack or tub/suitcase with wheels.
- 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.



After assembling your kit remember to maintain it so it's ready when needed:

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.

Grab & Go Kits



What other places should I have a kit?

- **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**
 - In case you are stranded, keep a kit of emergency supplies in your car.



Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

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: In case you are stranded, keep a kit of emergency supplies in your car.

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An infographic with a light blue background. At the top left, there is a dark orange banner with the text "Grab & Go Kits" in white. To the right of the banner is a circular icon containing a red fire truck and a white first aid kit. Below the banner, the text "Pet Grab and Go" is centered. Underneath, there are two bullet points: "• Pets need a grab and go kit, too!" and "• Have two to three days of food, water, any of their medications, leashes and cages if reasonable." In the bottom right corner of the infographic, there is an illustration of a white dog, a black and white cat, and a white bag labeled "ready-to's". In the bottom left corner, there is a small "Prepare in a Year" logo.

Remember, during a disaster what's good for you is good for your pet, so get them ready today.

If you leave your pets behind, they may be lost, injured or worse.

Never leave a pet chained outdoors. Plan options include:

Create a buddy system in case you're not home. Ask a trusted neighbor to check on your animals.

Identify shelters. For public health reasons, many emergency shelters cannot accept pets.

Find pet friendly hotels along your evacuation route and keep a list in your pet's emergency kit.

Locate boarding facilities or animal hospitals near your evacuation shelter.

Consider an out-of-town friend or relative.

Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter in case your pet needs medical care. Add the contact information to your emergency kit.

Have your pet microchipped and make sure that you not only keep your address and phone number up-to-date, but that you also include contact info for an emergency contact outside of your immediate area.

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	<p>Call your local emergency management office, animal shelter or animal control office to get advice and information.</p> <p>If you are unable to return to your home right away, you may need to board your pet. Find out where pet boarding facilities are located.</p> <p>Most boarding kennels, veterinarians and animal shelters will need your pet's medical records to make sure all vaccinations are current.</p> <p>If you have no alternative but to leave your pet at home, there are some precautions you must take, but remember that leaving your pet at home alone can place your animal in great danger!</p>
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