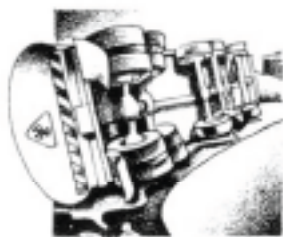




Your Family Supplies Kit

Disasters can occur anytime and anywhere. And when disaster strikes, you may not have enough time to respond.



A spill of hazardous material could require an instant evacuation.



A winter storm could confine your family at home. An earthquake, flood or any other disaster could cut off basic utilities - gas, water, electricity and telephones - for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?



Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you will not have time to shop or search for supplies. But if you have gathered supplies in advance, your family can endure an evacuation or home confinement.



To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you would most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

SUPPLIES



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There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container -suggested items are marked with an asterisk (*). Possible containers include:



a large, plastic bucket



a camping backpack



or a duffle bag

Water

We recommend that you use bottled mineral water. A normally active person needs to drink at least two liters of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store four liters of water per person per day (two liters for drinking, two liters for cooking/hygiene needs)*
- Keep at least a three-day supply of water for each person in your household.

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food indoors, and cannot use a fireplace or charcoal grill or camp stove, be sure you have enough dry alcohol. Select food items that are compact and lightweight. *Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- High energy foods - jelly, pastry, starch, peanut butter, crackers
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods -cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- Sterile adhesive bandages
- 5 cm x 10 cm sterile gauze pads
- 10 cm x 10 cm sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 5 cm x 10 cm sterile roller bandages (3)
- 10 cm x 10 cm sterile roller bandages (3)
- Rubber band
- Scissors
- Tweezers
- Needle
- Alcohol (lavender or medical) and antiseptic powder (sulphthiatol, nemibetsin)
- Thermometer Assorted sizes of safety pins (10)
- Soap (3)
- Latex gloves (2 pairs)
- Sunscreen (deflamol)
- Splint (available in sanitary stores)
- Gauze mask

For more information regarding First Aid courses, contact your local Bulgarian Red Cross Branch.

Tools and Supplies

- Paper cups, plates and plastic utensils*
- Battery operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash and change*
- Can opener, utility knife*
- Fire extinguisher (powdered or water)
- Tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic bags
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Sanitary and Hygiene Items

- Toilet paper, towelettes*
- Soap, liquid detergent*
- Sanitary napkins*
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation use)
- Plastic bucket with tight lid
- Bleach

Clothing and Bedding

*Include at least one additional change of clothing and socks per person.

- Sturdy shoes or work boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves
- Thermal underwear
- Sunglasses

Special Items, Food and Medication

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- Artificial milk
- Diapers
- Bottles
- Powdered milk
- Medications
- Anti-diabetic medicine
- Denture needs
- Contact lenses and supplies
- Extra eye glasses;
- **Entertainment** - games and books

For Adults*

Non-Prescription drugs

- Paracetamol or aspirin
- Anti-diarrhea medication (sulphaguanitin)
- Antacid (for stomach upset)
- Laxative (Epsom salts, liquid paffin, castor oil)
- Activated charcoal

Prescriptions drugs

- Heart and high blood pressure medication

Important Family Documents:

- Keep these records in a waterproof container.
- Will, insurance policies, contracts, stocks and bonds;
 - Passports and medical records;
 - Bank account numbers;
 - Inventory of valuable house hold goods, important telephone numbers;
 - Family records (birth, marriage, death certificates).

SUGGESTIONS AND REMINDERS



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- **Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.**



- **Keep items in air tight plastic bags.**
- **Change your stored water supply every six months.**
- **Check food stocks every 3 months. Watch the expiration dates.**
- **Review the contents of your kit at least once a year. Replace batteries and update clothes.**
- **Ask your physician about storing prescription and non-prescription medications.**



FAMILY DISASTER PLAN

To get started...

Contact your local Civil Protection office and your local Bulgarian Red Cross Branch

- Find out which disasters are most likely to happen in region.
- Ask how you would be warned if disaster strikes.
- Find out how to prepare for each disaster.

Gather the family

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Practice what you have discussed.

Plan how family will stay in contact if separated by disaster

- Pick two meeting places:
 1. A location a safe distance from your home.
 2. A place outside your neighborhood in case you cannot return home.
- Choose an out-of-region friend as a contact for everyone to call.

Complete these steps

- Post emergency telephone numbers by every phone.
- Determine the people who will be responsible for shutting off water, gas and electricity at main switches.
- Install a smoke detector (if available) on each level of your home, especially near bedrooms; test monthly and

change the batteries two times each year.

- Contact your local fire department to learn about home fire hazards.
- Learn First Aid and CPR. Contact your local Bulgarian Red Cross Branch for information regarding such courses.

Meet with your neighbors

Plan how the neighborhood could work together after a disaster. Know your neighbors' skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents cannot get home.

Remember to practice and maintain your plan.

For more information contact your local Civil Protection and BRC Branch.

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Your

Family Disaster Supplies Kit



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