

MRC VOLUNTEERS:

ARE YOU READY FOR AN EMERGENCY?

This *Family Preparedness Guide* will help you take a stepwise approach to preparing your family and yourself for emergencies. By doing just three things each month, you will be better prepared when emergencies occur.

The stars (★) tell you whether you are preparing a **Home Kit** or a **Go-Kit**.

- ★ Home Kit
- ★ Go-Kit

County of Sonoma
Medical Reserve Corps

Website:
www.sonoma-county.org/mrc
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Information and concept courtesy of the
New York City Department of Health and
Mental Hygiene Medical Reserve Corps.

MONTH 01

- Download MRC Field Guide ★
- Make Contact Lists/Meeting Places ★★
- Purchase Go-Kit Backpack ★

MONTH 02

- Make First Aid Kits ★★
- Buy Bottled Water ★★
- Add Medications ★★

MONTH 03

- Add Flashlights ★★
- Stash Cash (\$50-\$100) ★★
- Purchase Portable Radios ★★

MONTH 04

- Add a Pair of Comfy Shoes ★★
- Add Extra Keys ★★
- Purchase Non Perishable Foods ★★

MONTH 05

- Add Whistles ★★
- Make Toiletry Kits ★★
- Add Extra Batteries ★★

MONTH 06

- Add Blankets ★★
- Make Evacuation Plan ★★
- Add Rain Gear ★★

MONTH 07

- Add Pet Photo ★
- Add Pet Carrier and Leash ★
- Add Pet Supplies ★

MONTH 08

- Compile Vital Documents ★★
- Add Jackets ★★
- Add Child Care Items ★★

MONTH 09

- Add Cooking & Eating Utensils ★★
- Add Duct Tape ★
- Add Plastic Bags/Sheeting ★

MONTH 10

- Add Work Gloves ★★
- Add Utility Knife ★★
- Buy Fire Extinguishers ★★

MONTH 11

- Add Dust Masks ★★
- Add Protective Goggles ★★
- Get Local maps ★★

MONTH 12

- Review and Replenish Item ★★
- Review Family Communication Plan ★
- Attend MRC Trainings and Exercises

PUT TOGETHER A HOME KIT

- Water, one gallon per person per day.
- Canned and packaged food, cooking utensils, manual can opener.
- First aid supplies, scissors, prescription and over-the-counter medications and essential hygiene items.
- Flashlight with extra batteries
- Battery operated radio. Local emergency broadcast stations are KSRO 1350 AM & KZST 100.1 FM.
- Whistle and fire extinguisher
- Phone that doesn't need electricity
- Copies of vital documents, such as insurance policies and personal identification.
- Warm clothing, sturdy shoes, warm socks, gloves, rain gear, blankets, and perhaps a tent.
- Heavy-duty plastic bags, and sheeting, tarps.
- Work gloves and protective goggles.
- Special items for infants, children and individuals with special conditions.
- Pet supplies.

NOTE: Replace perishable items like water, food, medications, and batteries on a yearly basis.

PUT TOGETHER A GO-KIT

- Bottled water and nonperishable food, energy bars.
- First aid supplies and essential hygiene items.
- Medication for one week.
- Flashlight with extra batteries.
- Battery operated radio
- Whistle and fire extinguisher
- Extra set of house and car keys.
- Credit and ATM card and cash in small denominations.
- Copies of important documents placed in water proof container
- Contact and meeting place information for your household.
- Regional maps.
- Warm clothing, sturdy shoes, and rain gear
- A blanket
- Heavy-duty plastic bags
- Work gloves and protective goggles
- Special items for infants, children and individuals with special conditions
- Pet supplies.

DISCUSS MEETING PLACES AND AN OUT-OF-STATE CONTACT

- A meeting place outside the home:

- A meeting place outside the neighborhood, like a community center, a library, a place of worship:

- A designated person that lives out-of-state, either a friend or a relative, to call in case separation occurs between household members:

Name:

Phone number(s):

- Print information cards for all household members.

Go to: http://www.fema.gov/pdf/areyouready/appendix_c.pdf