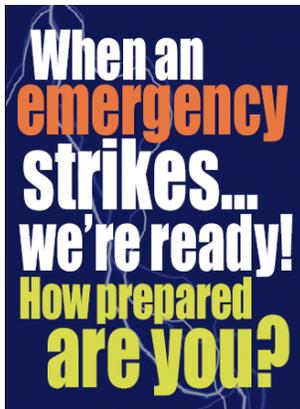


This brochure is intended to help front-line workers, decision-makers, individuals and families deal with emergencies, be better prepared, and manage the anxiety and stress that a crisis situation can present.

## MIDDLESEX- LONDON HEALTH UNIT COMMUNITY PARTNERS IN RESPONSE

### When disaster strikes our part includes:

- air quality
- community emergency response volunteers (CERV)
- disease outbreak management
- emergency health communications
- extreme weather response
- family preparedness
- food safety
- hazardous materials
- home safety
- immunization
- monitoring of water quality
- pandemic planning



## 72 HOUR HOME DISASTER KIT

- Flashlights with spare batteries or crank flashlight
- Radios with spare batteries or crank radio
- Emergency candles and waterproof matches (**do not use if there is a possibility of a gas leak**)
- Well supplied first aid kit
- All-purpose pocketknife and basic tools
- Three-day supply of bottled water (suggested: 4 litres per person/per day)
- Purification tablets
- Three-day supply of non-perishable food (per person)
- Manual can opener
- Disposable plates, cutlery, cups
- One change of clothing for each person
- Special items for infants, elderly and disabled
- Extra keys for the car or building
- Some cash (automatic banking machines may not be working)
- Personal medication and prescriptions for medication/eyeglasses
- Whistle
- Toothbrush and toothpaste (per person)
- Shampoo and hairbrush
- Sanitary napkins.
- Towel and facecloth (per person)
- Blankets for each person
- Photocopies of personal documents – including insurance policies
- Recent photos of each person
- Activity items such as books and playing cards
- Alcohol-based hand sanitizer

## 72 HOUR PET EMERGENCY KIT

- The pet's normal food (and a can opener, if necessary)
- Plenty of water
- Medications including flea shampoo and collars
- Litter box and litter
- Plastic "pick up" bags
- Any unique needs
- Leash and collar with ID tags
- Immunization record
- First aid kit
- Food and water bowls
- Blankets and towels
- Toys
- Veterinarian's name, address and phone number
- Alcohol-based hand sanitizer

## CAR EMERGENCY KIT

- Ice scraper/brush
- Shovel/axe/hatchet
- Booster cables
- Tow chain
- Sand/salt
- Fuel line antifreeze
- Tire pump/inflator
- First aid kit
- A crank-style flashlight or a flashlight (with extra batteries)
- Roadmaps/compass
- Emergency HELP sign for dashboard
- Roll of paper towels
- Warning flashing lights/flares
- Loud whistle
- Extra clothing or footwear (winter, rain, boots)
- Energy bars/bottled water
- Fire extinguisher
- Candles in a deep dish/can and matches (to keep warm)
- Survival blankets
- Alcohol-based hand sanitizer

## OFFICE EMERGENCY KIT

- Learn and practice Emergency Plans.
- Know at least two exits from each room (if possible).
- Be able to escape in the dark by knowing, for instance, how many desks or cubicles are between your workstation and two of the nearest exits.
- Know the post evacuation meeting location.
- Know the location of the fire extinguishers and how to use them.
- Keep a copy of your co-workers phone numbers at home.
- Make a list of important personal numbers. Keep a printed list at your desk or near other phones. Do not rely on electronic lists, direct dial phone numbers or computer organizers that may not work in an emergency.
- Report safety system damage or malfunctions.
- Never lock or block fire exits or doorways.
- Never use elevators in any time of an emergency to exit the building.
- Make specific plans to help each other. Determine how you will help each other in the event that public transportation is shut down or thoroughways are impassable. Offer to temporarily house, transport or feed co-workers in case of emergency.
- Gather personal emergency supplies in a desk drawer: include a flashlight, walking shoes, dust mask, whistle and water bottle and a red cloth to wave out a window to alert authorities.
- Consider having ear and eye protection, a hard hat, a sledgehammer, pry bar and a chain ladder nearby if necessary.
- Back up computer data frequently.
- Alcohol-based hand sanitizer.

## FIRST AID KIT

- Carrying device bag/box
- First aid manual
- Sterile gauze
- Adhesive tape
- Triangular bandage
- Adhesive bandages in several sizes
- Elastic bandage
- Antiseptic wipes
- Soap
- Hydrocortisone cream
- Tweezers
- Sharp scissors and safety pins
- Disposable instant cold packs
- Calamine lotion
- Alcohol wipes or ethyl alcohol
- Thermometer
- Latex gloves (at least two pairs)
- Flashlight and extra batteries
- List of emergency phone numbers
- Blanket (stored nearby)
- Acetaminophen and ibuprofen
- Alcohol-based hand sanitizer
- Anti-diarrheal medication
- Fluids with electrolytes, such as sports drinks

For more information on  
Emergency Preparedness visit:  
[www.healthunit.com/emergency](http://www.healthunit.com/emergency)

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# EMERGENCY KITS



*For home, office, car, pets  
and first aid*

[www.healthunit.com](http://www.healthunit.com)