Power Outage
If there is a power outage, eat the food in your refrigerator first. Without power, food in a refrigerator will only be good for about four hours. If the power is out longer than that, use your emergency food supply.

Your In-Home Kit
To be MORE prepared, add supplies to last 7-10 days. How can you build your 7-10 day supply?
Buy a few extra supplies each month until you have enough to last for at least 7 extra days. Buy foods that need no refrigeration and little or no cooking. TRY:

- Water: at least one gallon/person/day
- Canned or dried fruits, vegetables and soups
- Canned or dried meat and seafood
- Beverages: instant coffee, canned juice
- Rice, pasta, cereal, cracker
- Powdered or canned milk
- Baby food and formula if needed
- Comfort foods; snacks and sweets
- Other foods peanut butter, cooking oil, salt, nuts

Other Items Needed:
- Personal care products (for example: feminine hygiene products, diapers)

Pet Needs:
- Food, water, leashes, kitty litter, litter box, food/water bowls and medications, etc
- Store supplies in a dry, cool place. Use supplies before they expire and replace what you use.

Extra Supplies to Have at Home: In order to be MOST prepared, keep these things at home.
- Outdoor grill and fuel
- Fire escape ladder
- Rope and duct tape
- Extra batteries

Never use items such as grills, camp stoves, or generators indoors. They produce carbon monoxide, that is deadly and non-detectable.

For more information about Emergency Preparedness, visit the following websites:
www.ready.gov
www.fema.gov
www.cdc.gov
www.redcross.org
www.eden.lsu.edu
www.ext.vt.edu
www.vdem.state.va.us

Special Thanks to:
Brunswick County Local Emergency Planning Committee Brochure Team
Greensville County, A Citizens Guide to Disasters
VA Department of Emergency Management
Why Prepare?
If you think about it, you take precautions every day, not just when an emergency occurs. For instance, you wear a seat belt in the car just to protect you in case of an accident. You make your children wear helmets when they ride their bicycles. You double check your iron to make sure it is unplugged. Preparing for emergencies is not new. Your grandparents probably had extra supplies, such as: soap and shampoo in the bathroom closets, onions and potatoes stored in the basement, and canned goods on pantry shelves in their home. They understood the value of having a little extra on hand in case of emergencies.

All states and counties have experienced disasters. Virginians have experienced ice storms, thunderstorms, tornadoes, hurricanes, floods, and power outages. It is wise to be prepared for the unexpected.

Assemble Your Emergency Kit

A brochure describes how to cope with an unexpected situation and protect your family.

Your Home

In an emergency, having the following items in your home is highly recommended to keep your family safe.

• Water: at least one gallon/person/day
• Can opener, non-electric
• Battery powered radio
• ABC-type fire extinguisher
• Smoke detector and carbon monoxide detector
• First aid kit
• Extra set of car keys
• Cash
• Pharmacists
• Emergency reflective blanket
• jumper cables
• Flashlight & extra batteries
• Fix-a-flat
• Shovel
• Maps
• 5-7 day supply of baby food and formula
• 5-7 day supply of canned or dried food
• Extra batteries
• Flashlights & extra batteries
• First aid kit
• Food ( koń+drinks, etc.)
• Blanket
• Boiled water
• Items to have in your car include:

If you have to leave your home quickly, don’t forget:

Cash
• Groceries, bottled water, and food (granola/energy bars)
• First aid kit
• Flashlight & extra batteries
• White distress flag
• Flares/light sticks
• Blanket or sleeping bag
• Emergency reflective blanket
• Jumper cables
• Tire jack and spare tire
• Maps
• Extra set of car keys
• First aid kit
• Flashlight & battery powered lantern
• Extra batteries
• 5-7 day supply of baby food and formula
• 5-7 day supply of canned or dried food

Your Car

If your car, keep its gas tank at least half full because in an emergency you may not be able to get gas. Items to have in your car include:

Cash
• Groceries, bottled water, and food (granola/energy bars)
• First aid kit
• Flashlight & extra batteries
• White distress flag
• Flares/light sticks
• Blanket or sleeping bag
• Emergency reflective blanket
• Jumper cables
• Tire jack and spare tire
• Maps
• Extra set of car keys
• First aid kit
• Flashlight & battery powered lantern
• Extra batteries
• 5-7 day supply of baby food and formula
• 5-7 day supply of canned or dried food

Your Grab Bag

Grab Bag

Items for the grab bag may include the following:

• One day’s clothing and shoes for each family member
• Blanket (or sleeping bag(s))
• Toiletry and washcloths for family members
• Personal care products (for example toothbrush, feminine hygiene products, diapers)
• One day’s clothing and shoes for each family member
• Fix-a-flat
• Shovel
• Maps
• Extra batteries

What in This Brochure?

This brochure describes how to cope with an unexpected situation and protect your family.