



Are You Prepared for an Emergency?

Fairfax County Fire and Rescue Department

Public Affairs and Life Safety Education

4100 Chain Bridge Road

Fairfax, VA 22030

An emergency is defined as a situation demanding immediate action, a sudden, urgent, usually unexpected occurrence or occasion requiring immediate action.

Take action to ensure that you and your family will be prepared for an emergency. Store ample emergency supplies for your entire family and prepare a disaster supply kit.



Natural Hazards

- Floods
- Tornadoes
- Hurricanes
- Thunderstorms and lightning
- Winter storms and extreme cold
- Extreme heat
- Earthquakes
- Volcanoes
- Landslide and debris flow (Mud slides)
- Tsunamis
- Fires
- Wildfires



Technological Hazards

- Hazardous materials Incidents
- Household chemical Emergencies
- Nuclear power plants



Terrorism

- General information
- Explosions
- Biological threats
- Chemical threats
- Nuclear blast
- Radiological Dispersion Device (RDD)
- Homeland security advisory system

Emergency Supplies

The basic items you should stock in your home are water, food, first aid supplies, clothing and bedding, tools, emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container such as a large covered trash container, camping backpack, and duffle bag.



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)
- Staples such as sugar, salt, and pepper
- High energy foods like peanut butter, jelly, crackers, granola bars, and trail mix.
- Vitamins
- Foods for infants, elderly persons, or persons on special diets
- Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags.

Water

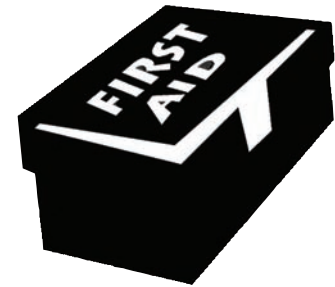
Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children and nursing mothers may need four.

Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)

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, pack a can of sterno. Select food items that are compact and lightweight.



First Aid Kit

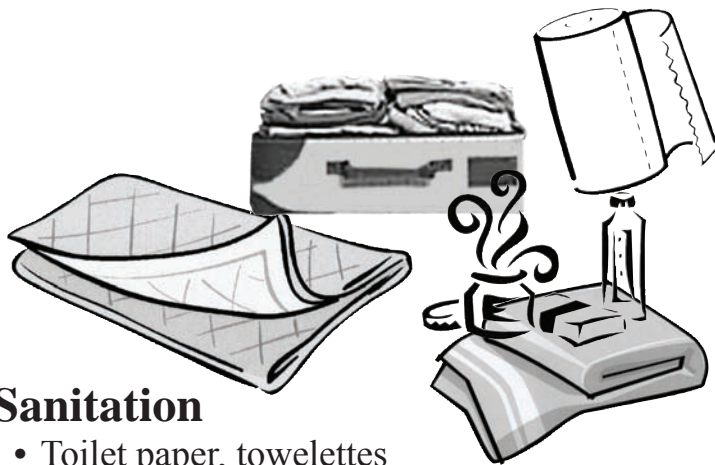
Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer

- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal, which works by absorbing chemicals that are ingested, thus reducing their toxicity. Use activated charcoal only if advised by the Poison Control Center.



Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Clothing and bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Hat and gloves
- Rain gear

- Thermal underwear
- Blankets or sleeping bags
- Sunglasses



Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks and change
- Non-electric can opener or utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent (small simple tent)
- Pliers and screwdrivers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper and pencil
- Needles and thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Special items

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

For baby

- Formula
- Diapers
- Bottles
- Powdered Milk
- Medications

For adults

- Heart and high blood pressure medication
- Insulin and syringes
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Entertainment

Games and books

Important Family Documents

Keep these records in a waterproof, portable container.

- Wills, insurance policies, contracts, deeds, stocks, and bonds
- Passports, social security cards, and immunization records
- Bank account numbers and pin numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, and important telephone numbers
- Family records (birth, marriage, and death certificates)



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This document is available in an alternate format upon request. Please direct your request to the Public Affairs and Life Safety Education at 703-246-3801, TTY 711, or visit our web site at: <http://www.fairfaxcounty.gov/fire>

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