

MUTUAL 6 - RESIDENT EMERGENCY PREPAREDNESS TIPS

We all need to be prepared to survive for 7 days in the event of an emergency. Being prepared includes planning ahead as individuals and as a group.

As a group – Mutual 6 has purchased and installed a shed and water barrels and stocked the shed with emergency supplies (**no food, water, medications or medical equipment**). Mutual 6 has had training sessions for designated Volunteer Emergency Responders (VER) for emergency water turn off, checking on residents, triaging injured residents, basic first aid, etc.

As an individual – Mutual 6 residents should assemble supplies that will be helpful to your survival in the event of a disaster. There are many places to buy emergency kits. If you don't feel like putting one together yourself please consider purchasing one or asking a family member to purchase for you – they make the perfect gift!

IMPORTANT:

Mutual 6 will not provide food, water, medications or medical equipment during an emergency event.

Helpful Hints:

Where to keep your supplies – packed and ready to go!

1. Back pack
2. Small suitcase with wheels and extension handle
3. 5-gallon paint bucket with handle and lid

It is helpful to store smaller like items in clear zip lock storage bags – it will be easier to find these when needed. For instance – medicines, batteries, soap & personal products, cash money (small bills & coins), socks/underwear, etc.

Attached is a list of recommended items to have in your HOME and CAR Survival Kits. Please don't wait – be safe by being prepared.

WHERE DO I GET MORE INFORMATION AND PURCHASE SUPPLIES?

REMEMBER: If you don't feel like putting one together yourself please consider purchasing one or asking a family member to purchase for you – they make the perfect gift!

There are many websites that offer emergency supplies and information – these are just a few:

www.earthquake-management.com

www.sosproducts.com

www.quakekare.com

LEISURE WORLD Resident's store located in Maintenance Yard has:

- | | |
|--|------------|
| 1. Emergency survival kit for 1 person, for 3 days | \$ 8.16 |
| 2. Fire extinguisher | \$19.17 |
| 3. Light (Glow) Sticks | \$ 1.09 ea |

EARTHQUAKE MANAGEMENT COMPANY

15031 Golden West Circle, Westminster 92683

1-800-925-9744 ext. 106

Sue.eqmgt@earthlink.net

www.earthquake-management.com

Earthquake Management has a wide variety of disaster preparedness supplies for individuals as well as for businesses needing to prepare for the care of a large number of people. Mutual 6 will be purchasing many of the mutual's supplies from this company.

Some items an individual purchaser may be interested in:

- | | |
|--------------------------------|----------|
| 1. 3-day Survival Kit | \$ 7.95 |
| 2. Large solar blankets | .99 each |
| 3. 12 hour light (glow) sticks | .60 each |

LOWE'S OR HOME DEPOT – these stores also carry items for disaster preparedness

**THE FIRST STEP TOWARD BEING SAFE, IS BEING PREPARED
BEFORE A DISASTER HAPPENS!**

RECOMMENDED ITEMS TO HAVE IN YOUR HOME AND CAR SURVIVAL KITS

HOME SURVIVAL KIT:

IMPORTANT: If you have a caregiver please prepare a kit for the caregiver.

- _____ Prescription medications (for 7 days)
- _____ Non-Prescription medicines (aspirin, sunscreen, etc.)
- _____ First Aid Kit
- _____ Change of clothes (extra socks, underwear)
- _____ Sturdy comfortable shoes
- _____ Jacket, hat
- _____ Extra set of house and car keys
- _____ Towel, wash cloth, Wet Ones (wipes)
- _____ Light weight blanket
- _____ Personal hygiene products (soap, toothbrush, toothpaste, hand sanitizer, toilet paper)
- _____ Whistle
- _____ Small flashlight and batteries
- _____ Pocket or utility knife
- _____ Manual can opener
- _____ Copies of important papers, documents, list of prescriptions, etc.
- _____ List of emergency family / friends contact phone numbers, including your doctor's name and phone number.

NON-PERISHABLE FOOD and WATER: Should be packed in a separate bag / container

Other items to consider including:

- _____ Watch or battery operated clock (extra batteries)
- _____ Battery operated radio (extra batteries)
- _____ Extra pair of eye glasses / contacts / hearing aid batteries
- _____ Gloves (work, rubber)
- _____ Dust masks
- _____ Plastic drop cloth
- _____ Glow sticks
- _____ Water purification tablets
- _____ Zip lock bags, trash bags, grocery bags
- _____ Rope, heavy string, bungee cords
- _____ Paper, pencil, pens
- _____ Book, cards, puzzles
- _____ Signs: HELP / OK

- _____ 5-gallon paint bucket with lid and large trash bags (this can be used as a toilet if plumbing is damaged)
- _____ Food for 7 days (non-perishable, dried fruit, nuts, protein bars, peanut butter, raisins, pull top canned items, etc.)
- _____ Water for 7 days (one gallon per person per day) – label with storage date and replace every six months)

PET OWNERS:

- _____ Travel cage
- _____ Food and water (for 30 days)
- _____ Medications

FOR DISABLED or those with SPECIAL NEEDS:

- _____ Food for special diet
- _____ Batteries for hearings aids, wheelchairs, etc.
- _____ List of style and serial # of medical devices
- _____ Special supplies: oxygen, catheters, etc.
- _____ Personal items: Depends, disposable bags, wipes
- _____ Prescriptions for eye glasses

CAR SURVIVAL KIT:

- _____ Jumper cables
- _____ Water
- _____ Non-perishable food
- _____ First Aid Kit
- _____ Change of clothes (extra socks, underwear)
- _____ Sturdy comfortable shoes
- _____ HELP sign
- _____ Always maintain 1/2 tank of gas
- _____ Class ABC Fire Extinguisher
- _____ Personal hygiene products (soap, toothbrush, toothpaste, hand sanitizer, toilet paper)
- _____ Whistle
- _____ Small flashlight and batteries
- _____ Reflectors / Flares / Glow sticks
- _____ Blanket
- _____ Battery operated radio (extra batteries)
- _____ Medications: both prescription and non-prescription
- _____ Spare tire, tire repair kit