

Get A Kit



- Water: 1 gallon per person per day
- Food: Ready-to-eat, just-add-water, canned and dried foods that are easy to store and prepare
- Manual can opener
- First Aid kit
- Essential medications
- Flashlight (with extra batteries)
- Matches in a waterproof container
- Whistle
- Tools
- Portable Television or Radio (battery-operated or manual)
- Batteries
- Cash in small denominations
- A copy of important documents & phone numbers
- Unscented liquid household bleach for water purification
- Personal hygiene items including toilet paper, feminine supplies, and soap
- Sturdy shoes
- Heavy gloves
- Warm clothes, a hat and rain gear
- A local map
- Prescription medicines
- Extra prescription eye glasses, hearing aid or other vital personal items
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Blankets or sleeping bags
- Extra keys to your house and vehicle
- Large plastic bags for waste and sanitation
- Special-need items for children and seniors or people with special needs
- Don't forget water and supplies for your pets

Your household emergency kit should include the necessary supplies to sustain you and your family in your home **for at least 3 days**, maybe longer. Remember that it may take a significant amount of time for basic services (water, electricity, and telephones) to return to normal. Be prepared to improvise and use what you have on hand to make it on your own.

While there are many things that might make you comfortable, think first about fresh water, good and clean air. Consider putting together two kits. In one, put everything needed to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.



Keep enough food on hand to sustain you and your family for a minimum of 3 days. Select foods that require no refrigeration, preparation or cooking and use little or no water. Watch your salt content, as salty foods make you drink more water. Foods should require very little preparation— try to avoid things that need water or cooking. Make sure it's food your family will eat.



In an emergency a family member or you yourself may be injured. Having some basic supplies and knowing how to treat minor injuries can make a difference in an emergency. Having a first aid kit can help you stop bleeding, prevent infection and assist in decontamination. Consider taking classes on first aid and CPR.

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
- Sterile dressings to stop bleeding.
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment to prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Aspirin or nonaspirin pain reliever
- Anti-diarrhea and Laxative
- Antacid (for upset stomach)

Make A Plan

Parents can help prepare children and reduce their emotional stress during an emergency by including them in the planning process and answering their questions about safety. Make sure your children take part in your preparation process and ensure that you have included supplies that make them feel comfortable and safe.

Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, texts or e-mails the same friend or relative in the event of an emergency.

Traditional means of communication may be limited during a widespread emergency situation due to system damage or overload. It is important that you identify several different ways to communicate with your family and friends to let them know you are safe.

Pets are often full-fledged members of the family, and any family emergency plan must include them to be truly complete. Many shelters will not permit animals (with the exception of registered service animals), so it is especially important that you have a plan for your pets in case of an evacuation.

Be Informed

During a major emergency, officials will work to provide timely, accurate information to the public. Several public information procedures and/or tools are in place that may be used during a major emergency or disaster.

CodeRED

This system will send a recorded message to telephones in a geographically specified area or to a pre-programmed list of contacts. To sign up for CodeRED visit www.polkcountyiowa.gov/Emergencymanagement and click on the CodeRED logo.

Outdoor Warning Siren System

Outdoor, all-hazards sirens are used to warn the general population of a potential danger in a short amount of time.

NOAA Weather Radio

NOAA Weather Radio All Hazards broadcasts cannot be heard on a simple AM/FM radio receiver. There are many receiver options, however, ranging from handheld portable units which just pick up Weather Radio broadcasts, to desktop and console models which receive Weather Radio as well as other broadcasts.



Get A Kit

Make A Plan

Be Informed

1907 CARPENTER AVENUE

DES MOINES, IOWA 50314

(515) 286-2107

WEB SITE: www.polkcountyiowa.gov