

HELLO
MY NAME IS

Parents' Info:

○ FAVORITE THINGS: ○

○ FOOD ALLERGIES: ○

○ MEDICAL INFORMATION: ○

○ SPECIAL NEEDS: ○

Alternative Contact:

Grab 'n Go Bags

Have a *Grab 'n Go Bag* for each person in the house. Keep it by your bed. If you need to evacuate, grab your bag and go.



Adult Bag

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contacts lenses and solutions
- Medications (at least one-week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket or sweatshirt
- Whistle (call for help if trapped)
- Pocket knife
- Paper and pencil
- "Okay" and "Help" signs (provided by CERT)
- Emergency phone list, out-of-state contact #
- Lists of people to notify if you are injured
- Copies of important documents: insurance, identification, social security, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, washcloth, face towel, shampoo, lotion, razor, lip balm, emery board, nail clipper, sanitary products, tissue, sunscreen, etc.
- Toilet paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Blanket
- Plastic ground cloth
- Dust mask
- Crow bar (may need to remove debris)
- Drinking water – store in a separate place (minimum one gallon per person)
- Food
- Snacks (granola bars, trail mix, peanut butter)



Seniors or Disabled Bag

These items are in addition to the Adult Grab 'n Go Bag.

- Food for special diet needs
- Batteries for hearing aids, wheelchair, etc.
- List of style and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Depends, disposable bags, ties, wipes)
- For guide dogs see Pet Grab 'n Go Bag.



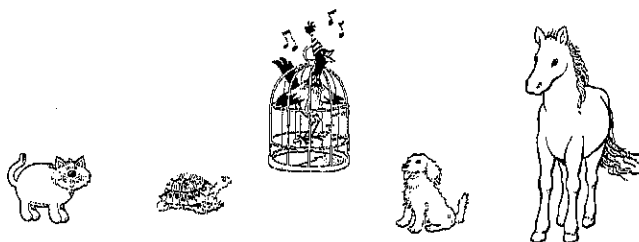
Infant and Toddler Bags

These items are in addition to the Adult Grab 'n Go Bag.

- Formula, disposable bottles, nipples
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light jacket
- Thermometer
- Medicine dropper
- Pedialite, electrolyte replacement solution
- Tylenol, Triaminic and other medications
- Firm soled slippers or shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor Form, completed

Pet Grab 'n Go Bag

Keep your Pet Grab 'n Go Bag in an easily accessible location near your own emergency supplies.



- Food, water – 3-day supply for each pet
- Bowls - non-spillable
- Collar and leash -for dogs and cats
- Muzzle
- Poop scooper, bags
- Treats, toy
- Blanket, towel, or newspaper for warmth
- ID tag should always be on pet
- Extra name tag
- License number
- Pet carrier or crate for each pet labeled with pet and owner's information (keep near your bag).
- Name, address and phone number of veterinarian, animal control agency and shelters.
- People to contact to take care of the animal
- Vaccination and medical records. Keep inoculations current. In an emergency, pets may come in contact with diseased animals.
- Allergy or other special instructions

Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Tweezers
- Soap
- Antiseptic cream
- Eye drops

Car Emergency Kit

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- Blanket
- First Aid Kit (bandages, gauze, etc.)
- Pocket knife
- Matches (waterproof)
- Flares
- Fire extinguisher
- Work gloves
- Jumper cables
- Pencil and paper
- Tools (screwdriver, pliers, wire, crowbar, rope, etc.)
- Emergency phone numbers, including your contact person
- Maps of your most often traveled routes
- Personal items – eyeglasses, toothbrush and toothpaste, soap, tissues, hand wipes, toilet tissue, etc.
- Special needs – medication, diapers, infant formula, etc.
- Favorite book, crossword puzzles or games

