



Henry County Emergency Management Agency
107 S 12th Street
New Castle, IN 47362
(765) 521-0582 Office (765) 521-3657 FAX

Survival Information

Food

You should have enough food stored to last for three days. Stored foods should be non-perishable and not require cooking.

First Aid

Purchase or assemble a first aid kit for your home and for your vehicles. Some items to stock in your first aid kits might include:

- Aspirin or non-aspirin pain relievers
- Antacid
- Diarrhea medication
- Decongestant and antihistamine
- Antibiotic Ointment
- Sterile adhesive bandages in various sizes
- Sterile gauze pads in various sizes
- Sterile roller bandages in various sizes
- Medical Tape
- Soap
- Scissors
- Tweezers
- Latex gloves
- Sun screen
- Eye drops
- Rubbing alcohol
- Hydrogen peroxide

Sanitation Supplies

- Toilet Paper
- Soap
- Disinfectants
- Chlorine bleach
- Plastic garbage bags
- Feminine hygiene products
- Personal hygiene products

Tools and Other Supplies

- Flashlights
- Radio operated or NOAA Weather Radio
- Extra Batteries
- Cash or traveler's checks
- Paper cups, plates and plastic utensils
- Pliers
- Paper and pencil
- Matches (in waterproof container)
- Tape
- Aluminum foil
- Non-electric can opener or utility knife
- Signal flair
- Compass
- Whistle
- Wrench for water and gas supply shut-off

Clothing

- Sturdy shoes or boots (preferably waterproof)
- Gloves
- Hat
- Various layers of clothing
- Rain Gear

Safe Box

Keep important documents and valuables in a waterproof, fire-resistant box or container:

- Personal documents such as insurance policies, will, stocks and bonds
- Birth certificates, marriage certificate, passports and social security cards
- Bank account and credit card account numbers

Water

You should have at least three gallons of stored water per person (one gallon per person per day). Store water in plastic bottles or containers.

Water Storage

Water is necessary for survival. Your survival plans should include water storage and purification methods should water supplies become disrupted in the event of a disaster or emergency.

You should store *at least* a three-day supply of drinking water for each person (one gallon per person per day). It is prudent to store as much water as you possibly can, as a prolonged crisis might go on for weeks or perhaps even months. Consider storing large volumes of water in opaque plastic water containers. Don't neglect your additional water needs for cooking, hygiene, and pets. Water for gardening and small livestock should also be considered in the event of a prolonged crisis.

Water should be stored in a dark, dry and cool environment, preferably away from any other emergency supplies. Store your water as close to the ground as possible so that your supply containers are not at risk of falling and becoming damaged. Heavy, opaque plastic water containers are preferable for storing water. Do NOT store water in plastic milk bottles. You should replace your stored water every six months.

Alternative Water Sources

To supplement your stored water supply, you may be able to secure water from some of these additional sources:

- **Toilet Tank**
If the water has not been treated with chemicals, the water in your toilet tank might be usable. Do not use the water in your toilet bowl.
- **Water Heater**
If your water heater is secured, it could provide additional water.
- **Swimming Pools**
Water from swimming pools may be used for bathing, but should not be used for drinking water or cooking.
If there is early warning of a disaster and you feel that water supplies may be disrupted; consider filling sinks, bathtubs, pots, pans and other containers with water to supplement your water supply.

Water Purification

Stored water should be disinfected prior to consumption. If you feel that your water supply may have been contaminated, the water should be disinfected prior to other usage as well. The American Red Cross recommends any of the following treatment methods to purify drinking water:

- Boil the water for 5-10 minutes.
- Use a commercial purification tablet to disinfect your water.
- Add 10 drops of household chlorine bleach per gallon of water, stir well and let stand for at least 30 minutes prior to



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consumption. If the water appears cloudy, you should double the amount of bleach used. The water is adequately disinfected if you detect a slight smell or taste of chlorine. Alternatively, a household iodine tincture can be used instead of chlorine bleach.

Food Storage

Although relief organizations provide valuable aid following disasters and other emergencies, these organizations are often overwhelmed and may not be able to reach you immediately. It is a good idea to have enough stored food and water to get you through a crisis.

You should store at least a three-day supply of food for each person in your household. Ideally, your food stores should be non-perishable and not require cooking. The food supply in a 72-hour emergency kit is a good place to begin. The Board of Trustees of the University of Illinois has assembled a document that provides information as to the length of time that a variety of foods may be stored. This information is also available on the *Henry County Emergency Management Agency* web site at <http://www.henrycoema.org/EMA/forms.htm>

Some additional food types to consider are:

MRE's (Meals ready to eat)

MRE's were originally designed for military use and can be stored for up to ten years at cooler temperatures (below 70 degrees F). They required no water, cooking or preparation.

Compressed Food Bars

Granola and trail bars are ideal as they are packaged for long-term storage.

Trail Mix

Trail mix can be made from dried fruits and raisins, various type of nuts, seeds and granola. Long-term storage is not recommended, but freezing or refrigeration could help to extend shelf life.

Dried Food

Dried food such as jerky and dried fruit can make an excellent addition to your emergency food supply.

High Sugar Foods

Candy, chocolate and high sugar breakfast cereals can provide sugar energy for dealing with stressful situations following an emergency.

Freeze Dried and Instant Foods

Although they require water and some cooking, freeze-dried and instant foods are fairly lightweight and can be prepared quickly.

Cooking Equipment and Utensils

Your cooking equipment and utensils are a key component to your emergency food supply. Some items to consider keeping on hand include:

- Non-electric can opener
- Portable cooking stove and fuel (for outdoor use only)
- Waterproof matches
- Forks, knives and spoons
- Paper towel, napkins and washcloths
- Metal camping cups for heating food
- Plastic garbage bags

The above information and more can be obtained at <http://www.survivalplans.com/index.html>