

Safety Newsletter

Volume 1, Edition 1

November 18, 2008

Tips

- Personalize your kit to meet your family's needs.
- Be sure and rotate your water and food, as it will expire. Check the side of water bottles near the top to find the expiration date.
- Add some water purifier tablets to your kit. They won't take up much room and can be helpful since we have so many natural sources of water.
- Keep batteries separate from your radio and flashlight or else they will corrode over time.
- Emergency Kits make great gifts!

Family Emergency Kit

Are you ready for emergencies? Don't wait until it's too late to be prepared. Make your family emergency kit now.

After a major disaster, you may need to survive on your own for several days. This means having enough water, food, first aid, shelter, and other supplies for you and your family for at least 4 days. Some emergency officials expect that it might be 10-12 days before help would come to our remote area after a major disaster.

A backpack is the most practical thing to put your emergency supplies in. That way, you can carry your supplies on your back and have your hands free to help a friend or family member who may be injured, remove barriers, or even climb over obstacles resulting from an earthquake or other disaster.

Most supplies for your emergency kit can be found in the sporting goods section of our local stores.

Food & Water with a 5-year shelf life and pre-made Emergency Kits can be purchased from the *American Red Cross* or from *Earthquake Management* at 1-800-925-9744 or online at www.earthquake-management.com.

For a complete list of suggested emergency kit supplies, go to www.ready.gov.

Keep a kit in your home and car.



Emergency Kit Contents

- Water (1/2 gallon per person per day)
- Food (non-perishable)
- First Aid Supplies (& instructions)
- Rain Gear & Mylar Blanket
- Flashlight & Batteries
- Radio & Batteries
- Toilet Paper & Sanitary Supplies
- Dust Mask & Goggles
- Heavy Gloves & Sturdy Shoes
- Tarp or Shower Curtain (for shelter)
- Essential Medications
- Money & Important Documents
- Food & Water for Pets
- Emergency Contact Phone Numbers

For More Info...

Sue Graves
LCSD Safety Coordinator
825 NE 7th Street
Newport, OR 97365
541-265-6601 ext 154
susan.graves@lincoln.k12.or.us
www.lincoln.k12.or.us