
Preparing for Emergencies

Together – Make a Family Plan

Discuss the types of emergencies that could occur.

Explain how to prepare; explain when and how to respond.

Discuss what to do if you need to “shelter in place”.

Discuss what to do if you need to evacuate.

Practice your plan – regularly.

Creating Emergency Kits

Use the calendar inside to pace your preparations.

Start by checking for supplies that you already have on hand.

Decide where you will store supplies. Use locations that are easy to reach.

Prepare more than one kit:

- Home kit to last 3 to 5 days.
- Go Pack evacuation kit. This can be a part of the home kit. Include clothes, sturdy shoes, medications, documents.
- Auto kit in case you are stranded – include sturdy shoes.
- Workplace kit in case you cannot reach your car or home.

Rotate Supplies Every 6 Months!

Selecting Foods

Keep in mind the family needs and preferences. Include items that are a part of the family diet. They will be easier to digest.

Pick low-salt, water-packed varieties.

Salt makes people thirsty.

Meat/Beans

Canned fish, poultry, pork, beef, beans, and products containing significant portions of these products. Dried meats are not recommended – very high salt content.

Vegetables

Canned green beans, corn, peas, beets, carrots and mixed vegetables.

Soup

Use ready-to-eat varieties with the lowest salt content. If powdered, store additional water.

Fruit

Canned pears, peaches, mandarin oranges and applesauce.

Cereal

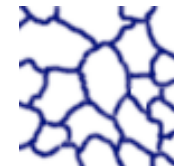
Whole grain cereals such as Cheerios, Chex, Kix, Total and Shredded Wheat.

Quick Energy Snacks

Trail mix, energy bars, raisins, Gatorade or other electrolyte replacement beverages.

Emergency Preparedness Calendar

For You and Your Family



Provided as a service of:

**Marin County Sheriff
Office of Emergency Services**
415-499-6584
oes@co.marin.ca.us

www.co.marin.ca.us/disaster/

Original Concept by Chevron-Texaco Oil Company

Preparing for Emergencies

Together – Make a Family Plan

- ▶ Discuss the types of emergencies that could occur.
- ▶ Explain how to prepare; explain when and how to respond.
- ▶ Discuss what to do if you need to “shelter in place”.
- ▶ Discuss what to do if you need to evacuate.
- ▶ Practice your plan – regularly.

Creating Emergency Kits

- ▶ Use the calendar inside to pace your preparations.
- ▶ Start by checking for supplies that you already have on hand.
- ▶ Decide where you will store supplies. Use locations that are easy to reach.
- ▶ Prepare more than one kit:
 - Home kit to last 3 to 5 days.
 - Go Pack evacuation kit. This can be a part of the home kit. Include clothes, sturdy shoes, medications, documents.
 - Auto kit in case you are stranded – include sturdy shoes.
 - Workplace kit in case you cannot reach your car or home.

Rotate Supplies Every 6 Months!

Selecting Foods

Keep in mind the family needs and preferences. Include items that are a part of the family diet. They will be easier to digest.

Pick low-salt, water-packed varieties.

Salt makes people thirsty.

Meat/Beans

Canned fish, poultry, pork, beef, beans, and products containing significant portions of these products. Dried meats are not recommended – very high salt content.

Vegetables

Canned green beans, corn, peas, beets, carrots and mixed vegetables.

Soup

Use ready-to-eat varieties with the lowest salt content. If powdered, store additional water.

Fruit

Canned pears, peaches, mandarin oranges and applesauce.

Cereal

Whole grain cereals such as Cheerios, Chex, Kix, Total and Shredded Wheat.

Quick Energy Snacks

Trail mix, energy bars, raisins, Gatorade or other electrolyte replacement beverages.

Emergency Preparedness Calendar

For You and Your Family



Provided as a service of:

**Marin County Sheriff
Office of Emergency Services**

415-499-6584

oes@co.marin.ca.us

www.co.marin.ca.us/disaster/

Original Concept by Chevron-Texaco Oil Company
