

## MAKING A PLAN

It's important to consider your unique circumstances, like the layout of your home, the ages and mobility of each resident, communication channels, etc. Here is a basic checklist to get you started:

Know what emergencies are most likely to happen in your area.

- Identify potential risks in your home (like blocked exits, trees too close to home, etc.)
- Identify your shelter plan. (will to stay or go?)
- Medical or access and functional needs (devices, prescriptions and equipment)

## BUILD A KIT

An essential part of your preparedness is having basic items you may need during an emergency. A simple kit includes a minimum of 3 days (72 hours) worth of essentials.

Keep your kit updated by periodically checking expiration dates and replenish needed items. A good approach is to "eat what you store, store what you eat," meaning to stock your kit with foods that you will consume and replace on a revolving basis to keep supplies current.

FOR MORE INFORMATION ON  
PREPARING FOR A DISASTER

CONTACT:  
DELTA COUNTY HEALTH  
DEPARTMENT, EMERGENCY  
PREPAREDNESS COORDINATOR  
970-874-2189



255 WEST 6TH STREET  
DELTA, CO 81416  
970-874-2165

When Disaster Strikes,

# WILL YOU BE READY?

SIGN UP FOR

**Delta County Alerts**



## BEING PREPARED IS EASY AS 1, 2, 3

1

### SIGN UP FOR **Delta County Alerts**

Receive free alerts via phone, text, and email by registering your contact information



Steps:

1. Go to: <https://bit.ly/DeltaAlerts>
2. Register your home, work, and/or children's school address.
3. Receive alerts based on your registered address(es) if they fall within the alert boundary.

2

### MAKE A PLAN **Be Prepared**

No two disaster plans will be the same, so it's important to consider your unique circumstances, like the layout of your home, the ages and mobility of each resident, communication channels, etc.

3

### BUILD A KIT **Emergency Readiness**

An essential part of your preparedness is having basic items you may need during an emergency. A simple kit includes a minimum of 3 days (72 hours) worth of essentials.

## BASIC DISASTER SUPPLIES KIT

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

### A basic emergency supply kit could include the following recommended items:

- ✓ Water (one gallon per person per day for several days, for drinking and sanitation)
- ✓ Food (at least a several-day supply of non-perishable food)
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ✓ Flashlight
- ✓ First aid kit
- ✓ Extra batteries
- ✓ Whistle (to signal for help)
- ✓ Dust mask (to help filter contaminated air)
- ✓ Emergency Blanket and rain poncho
- ✓ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ✓ Wrench or pliers (to turn off utilities)
- ✓ Manual can opener (for food)
- ✓ Local maps
- ✓ Cell phone with chargers and a backup battery

### ✓ ALWAYS PACK PRESCRIPTION MEDICATIONS.

About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.

## ADDITIONAL EMERGENCY SUPPLIES

Consider adding the following items to your emergency supply kit based on your individual needs:

- ✓ Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- ✓ Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ✓ Prescription eyeglasses and contact lens solution
- ✓ Infant formula, bottles, diapers, wipes and diaper rash cream
- ✓ Pet food and extra water for your pet
- ✓ Cash or traveler's checks
- ✓ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- ✓ Sleeping bag or warm blanket for each person
- ✓ Complete change of clothing appropriate for your climate and sturdy shoes
- ✓ Fire extinguisher
- ✓ Matches in a waterproof container
- ✓ Feminine supplies and personal hygiene items
- ✓ Mess kits, paper cups, plates, paper towels and plastic utensils
- ✓ Paper and pencil
- ✓ Books, games, puzzles or other activities for children