



**Public Health**  
Prevent. Promote. Protect.

Rock Island County  
Health Department

## Home Emergency Supply Kit

Include these basic items in your kit:

- Water— one gallon per person per day (a 3 day supply is recommended)
- Food— at least a 3 day supply. Canned fruits, vegetables, instant milk, tuna and nuts are examples of items with a longer “shelf life.”
- Flashlights—battery operated or crank-style
- Radio—battery operated or crank-style
- Extra batteries for flashlights/radios
- Can opener (manually operated type)
- Bathroom and Personal items/toiletries— such as, toilet paper, toothpaste, feminine products, deodorant, hand sanitizer, etc.
- Wrench or pliers to turn off utilities
- Whistle to signal for help
- Dust mask or fabric to be used as a mask to help filter the air
- Prescription medications
- First Aid Kit—bandages, antibiotic cream, ibuprofen, acetaminophen, aspirin, antacids, anti diarrhea medication, etc.



**\*\*These are the *basic* items that are recommended. You may wish to add additional items to tailor your kit to your own needs. Items such additional water for pets, pet food, small toys for children, diapers, formula, etc.**

For additional items to consider, please visit [www.ready.gov](http://www.ready.gov)