

You can do this.

For more information about emergency preparedness, contact some of the following organizations:

Hawaii Department of Health	www.hawaii.gov/health
Hawaii State Civil Defense	www.scd.hawaii.gov
Dept. of Emergency Mgmt. <i>(includes links to neighbor islands)</i>	www1.honolulu.gov/dem/
American Red Cross	www.redcross.org
Centers for Disease Control	www.cdc.gov
Disaster Assistance	www.disasterassistance.gov
Federal Emergency Management Agency	www.fema.gov
U.S. Department of Homeland Security	www.ready.gov

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.



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HAWAII STATE
DEPARTMENT
OF HEALTH

A simple guide to the nine essential items to help you shelter-in-place in the event of an emergency.

Plan





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Plan



1 Water

Bottled water. One gallon, per person, per day, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.



Done

2 Food

Nonperishable food. A supply of 3–5 days of food per person.

- Ready to eat canned meat, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola, trail mix

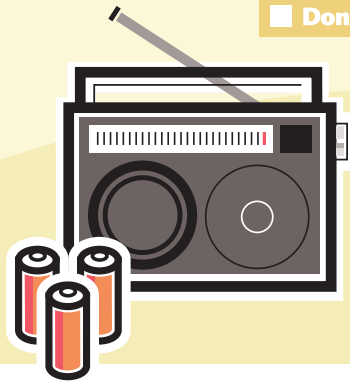


Done

3 Radio

A battery-powered radio for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.

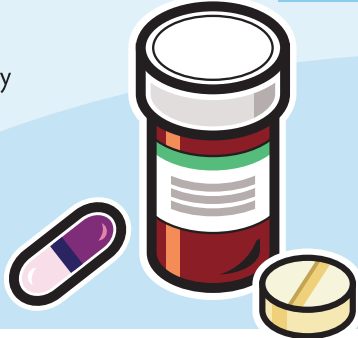


Done

4 Medications

Collect three days worth of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.



Done

5 Clothes

Collect one change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of inclement weather.
- If you wear glasses, consider packing a spare pair.

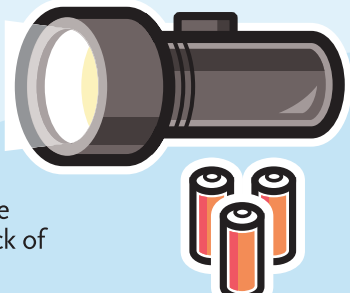


Done

6 Flashlight

Keep a bright flashlight in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.

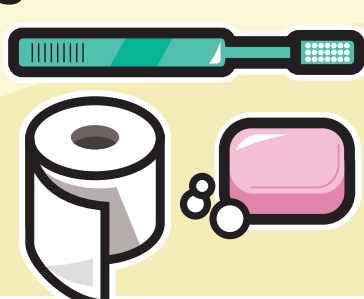


Done

7 Hygiene Items

Just the basics like soap, toiletpaper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

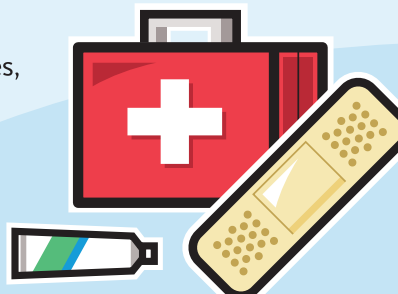


Done

8 First Aid

Basics such as antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



Done

9 Can Opener

Make sure it's a manual can opener in case there's no electric power.

- Consider buying items with a pull-top opening. You won't need a can opener at all!



Done

NOTES
