Emergency Preparedness   
CHECKLIST

Be prepared for any emergency or disaster by gathering basic supplies you’ll need for crisis that will last you several days. For any emergency keep and share a contact list of people in your support network.

# Essentials

Water for at least 72 hours for drinking plus additional water for hygiene

Food for at least 72 hours (canned and dry goods)

First aid kit

Battery-powered flashlight with extra batteries

Battery-powered radio with extra batteries

Emergency contact list

Sleeping Bag/mylar blanket

Tools/can opener

Important documents in a waterproof envelope/bag

Cash in small denominations

Duplicates of critical documents

Personal medication record

Personal hygiene products

Prescription medication/glasses

All personal medical equipment labeled wheelchair, walker, etc.

Pet Supplies (see full list)

Cell phone and phone chargers

Extra clothing

Rain poncho

Whistle

Light sticks

# COVID-19 Considerations

Face masks (over the age of 2)

Hand sanitizer and soap

Cleaning supplies

Disposable gloves

Limit your interactions with other people as much as possible.

Take precautions to prevent getting COVID-19 when you do interact with others.

You may want to develop a **care plan** that summarizes your health conditions, medicines, healthcare providers, emergency contacts, and end-of-life care options (for example, advance directives).

# EMotional Health Check-up

An emergency can be stressful. Check in with yourself to see if you may need additional support.

Excessive fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.

Changes in sleep or eating patterns.

Difficulty sleeping or concentrating.

Worsening of chronic health problems.

Worsening of mental health conditions.

Increased use of tobacco, and/or alcohol and other substances.

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

**SAMHSA’s National Helpline**

## Substance Abuse and Mental Health Services Administration

1-800-662-HELP (4357) and

TTY 1-800-487-4889

# Managing StRess

**Know where and how to get treatment** and other support services and resources, including counseling or therapy (in person or through telehealth services).

**Take care of your emotional health.** [Taking care of your emotional health](https://emergency.cdc.gov/coping/selfcare.asp) will help you think clearly and react to the urgent needs to protect yourself and your family.

**Take breaks from watching, reading, or listening to news stories**, including those on social media. Hearing about the pandemic repeatedly can be upsetting.

**Take care of your body**.

* Take deep breaths, stretch, or  [meditate](https://www.nccih.nih.gov/health/meditation-in-depth).
* [Try to eat healthy, well-balanced meals](https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html).
* [Exercise regularly](https://www.cdc.gov/physicalactivity/basics/index.htm).
* [Get plenty of sleep](https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html).
* Avoid excessive [alcohol and drug use](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/alcohol-use.html).

**Make time to unwind**. Try to do some other activities you enjoy.

**Connect with others**. Talk with people you trust about your concerns and how you are feeling.

**Connect with your community- or faith-based organizations**. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

# Pet SupplieS

Pet first aid kit

Food

Water

Bowls

Extra collar

Extra leash

Medical records

Two-week supply of medications

Crate or sturdy carrier

Blanket

Recent photos of your pets (in case you are separated and need to make “Lost” posters)

Toys and treats

Disposable litter trays

Litter or paper toweling

Disposable bags for clean-up