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