

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

Hawaii Department of Health	health.hawaii.gov
Hawaii Emergency Management Agency	dod.hawaii.gov/hiema
County Emergency Management & Civil Defense	
City & County of Honolulu	www.honolulu.gov/dem
Hawaii County	www.hawaiicounty.gov/civil-defense/
Kauai County	www.kauai.gov/CivilDefense
Maui County	www.mauicounty.gov/70/Civil-Defense-Agency
American Red Cross	www.redcross.org
Centers for Disease Control and Prevention	emergency.cdc.gov/preparedness/kit/disasters
Federal Emergency Management Agency	www.fema.gov
U.S. Department of Homeland Security	www.ready.gov/kit



HAWAII STATE
DEPARTMENT
OF HEALTH

A simple guide to ten essential items you should pack BEFORE a disaster or emergency occurs.

Take



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You can do this.



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health.hawaii.gov

Take 10

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Done

1 Water

Bottled water. One gallon per person, per day, for at least 7 days, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.
- For example, a family of 3 should have at least 21 gallons of water on hand. 1 gallon x 3 people x 7 days = 21 gallons.



Done

2 Food

Nonperishable food. A supply of at least 7 days of food per person.

- Ready-to-eat canned meat, fruit, and vegetables.
- Powdered milk and soup
- Crackers, granola, trail mix
- Manual can opener
- Basic utensils to prepare and eat food

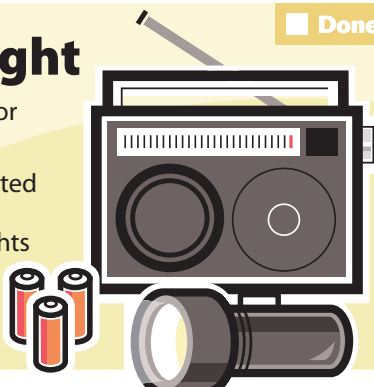


Done

3 Radio & Flashlight

Keep a flashlight and a radio for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Some radios double as flashlights and have USB outlets for recharging handheld devices
- Don't forget extra batteries!



Done

4 Electronics

- Cell phones with chargers
- Laptop or tablet
- Solar chargers



Done

5 Health & Medical Supplies

Have at least a week's worth of any prescription medicines you're taking.

- Be sure to replace medications that expire.
- Have a week's supply of health supplies you typically need (e.g., contact lens cleaner).
- Don't forget medical devices like inhalers, CPAP machines, etc.



Done

6 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

7 Hygiene & Personal Care Items

Basics like soap, toilet paper, toothpaste and toothbrush.

- Moist towelettes can be useful for quick sanitation.
- Garbage bags and plastic ties for sanitary disposal
- Feminine supplies and personal hygiene items

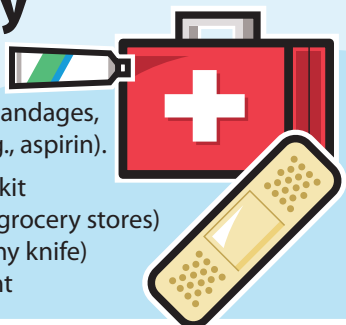


Done

8 First Aid & Safety Supplies

Basics such as antiseptic, gloves, bandages, and non-prescription medicines (e.g., aspirin).

- Make or buy a pre-made first-aid kit (available at most pharmacies or grocery stores)
- Multipurpose tool (e.g., Swiss Army knife)
- Sunscreen and mosquito repellent



Done

9 Cash & Documents

Important documents plus enough money (in small bills) to purchase extra food, water, or other items, for at least 7 days. Store these items in a waterproof pouch.

- Identification
- Insurance cards
- Contact list (doctors, family, etc.)
- Immunization records & medical history
- Bank account info



Done

10 Supplies for Unique Needs

Remember to plan for family members with unique needs.

- Infants/toddlers – diapers, formula, bottles, wipes, toys/comfort items
- Elderly or those with special needs – hearing aid, wheelchair, eyeglasses, etc.
- Books, games, puzzles, cards, other activities
- Pets – food and water, leashes, carriers

