

You can do this.

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/kema
Maui County	www.mauicounty.gov/70/Emergency-Management-Agency
American Red Cross	www.redcross.org
Centers for Disease Control and Prevention	www.cdc.gov/phpr/areyouprepared
Federal Emergency Management Agency	www.fema.gov

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Write or call the Public Health Preparedness Branch at 1250 Punchbowl St., Honolulu, HI 96822, or at (808) 586-4400 (voice/TRS) or write or call the Affirmative Action Office at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4614 (voice/TRS) within 180 days of a problem.



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HAWAII STATE
DEPARTMENT
OF HEALTH

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

Take 10



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health.hawaii.gov

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1 Water

Done

Bottled water. One gallon per person, per day, for at least 14 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 42 gallons of water on hand. 1 gallon x 3 people x 14 days = 42 gallons



2 Food

Done

Nonperishable food. A supply of at least 14 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

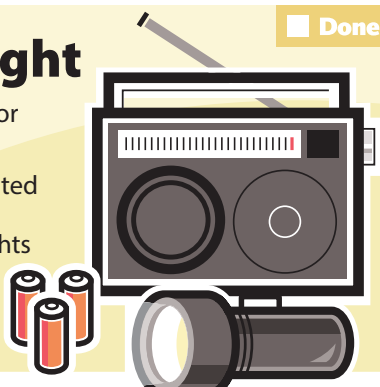


3 Radio & Flashlight

Done

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!



4 Electronics

Done

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

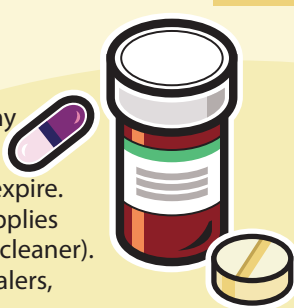


5 Health & Medical Supplies

Done

Have at least two weeks' worth of any prescription medicines you're taking.

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



6 Clothes

Done

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.

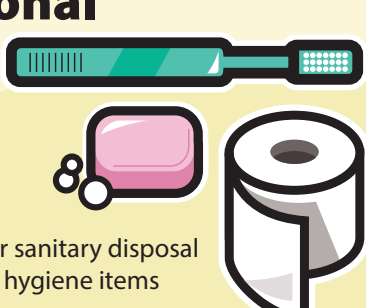


7 Hygiene & Personal Care Items

Done

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

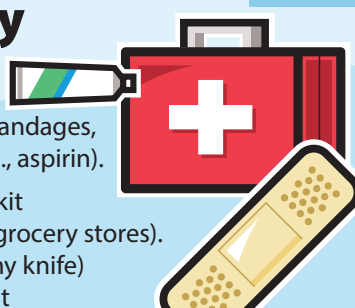


8 First Aid & Safety Supplies

Done

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



9 Cash & Documents

Done

Important documents plus enough money (in small bills) to purchase extra food, water, or other items, for at least 14 days. Store these items in a waterproof pouch.

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



10 Supplies for Unique Needs

Done

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

