



### **Be Red Cross Ready Checklist**

- I know what emergencies of disasters are most likely to occur in my community
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED
- I have taken action to help my community prepare

**It's important to prepare for possible disasters and other emergencies. Natural and human-caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference...**

- 1. Get a Kit**
- 2. Make a Plan**
- 3. Be Informed**



## GET A KIT

**At a minimum, have the basic supplies listed below:**

**Evacuation:** 5-7 day kit (This is more than the national standard of 72 hours due to Hawaii's geographic isolation from the mainland)

**Home kit:** 3 weeks

Keep supplies in an easy-to-move emergency preparedness kit that you can use at home or take with you in case you must evacuate.

- Water—one gallon per person, per day (5-7 day supply for evacuation, 3-week supply for home)
- Food—non-perishable, easy-to-prepare items (5-7 day supply for evacuation, 3-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Manual Can opener and/or Multi-purpose tool (i.e. Swiss army knife)
- Sanitation and personal hygiene items
- Copies of personal documents

(medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Bedding supplies (there will be no cots in a hurricane evacuation shelter due to space constraints)
- Change of clothes
- Towels
- Dishes

**Consider the needs of all family members and add supplies to your kit.**  
Suggested items to help meet additional needs are:

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl, medications)
- Extra set of car keys and house keys

**Additional supplies to keep at home or in your kit based on the types of disasters common to your area:**

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Work gloves
- Tools/supplies for securing your home

- Plastic sheeting
- Duct tape
  
- Scissors
  
- Household liquid bleach



## **MAKE A PLAN**

- Meet with your family or household members.
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, learn, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member is in the military, plan how you would respond if they were deployed.

### **Plan what to do in case you are separated during an emergency**

#### **Choose two places to meet:**

- Right outside your home in case of a sudden emergency, such as a fire
- Outside your neighborhood, in case you cannot return home or are asked to evacuate

#### **Choose an out-of-area emergency contact person:**

It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

### **Plan what to do if you have to evacuate**

**Decide where you would go and what route you would take to get there.** You may choose to go to a hotel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.

**Practice** evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.

**Plan ahead for your pets.** Make pre-arrangements with animal shelters or kennels for an emergency. Some shelters will have pet-friendly space adjacent to emergency shelters. If you plan to evacuate with your pet, it is critical to have a crate and other emergency supplies with your pet. If the shelter does not have pet-friendly spaces, you can keep the pet in your vehicle. Another option would be to make pre-arrangements with animal shelters or kennels to look after your pet during an emergency.

### **Emergency Contact Cards for All Household Members**

- Print one card for each family member.
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in

### **Let Your Family Know You're Safe**

Tell your loved ones about the American Red Cross Safe andWell web site available through [www.RedCross.org](http://www.RedCross.org). This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as “safe and well” and concerned family and friends who know the person’s phone number or address can search for messages posted by those who self-register. If you don’t have Internet access, call **1-866-GET-INFO** to register yourself and your family.



## **BE INFORMED**

### **Learn what disasters or emergencies may occur in your area**

These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community.

- Hurricane
- Tsunami
- Earthquake
- Volcanic Eruption
- Dam Failure
- Flood
- Landslide
- Tornado
- Hazardous Material Spill
- Terrorism

### **Identify how local authorities will notify you during a disaster**

How you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels. Civil Defense may sound sirens in your neighborhood to notify the public of a Tsunami or Hurricane warning and the potential need to evacuate.

### **Know what actions to take to protect your self during disasters**

For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur.

### **Get Trained**

When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations. Share what you have learned with your family, household and neighbors and encourage them to be informed.