

# EMERGENCY CHECKLIST

From CITEM Clinic



# GRAB and GO-Bags



- ❑ Food and Water
- ❑ Whistle
- ❑ Portable AM/FM Radio
- ❑ First Aid Kit and Handbook
- ❑ Flashlight and spare batteries
- ❑ Candles, match, lighter
- ❑ Copy of health insurance passport and drivers license; Cash in small denominations
- ❑ Individual photos of family members for reunification
- ❑ List of Emergency contact phone numbers and addresses
- ❑ 5 day supply of medications and prescription
- ❑ Extra prescription/reading glasses
- ❑ Mobile phone car chargers and powerbanks
- ❑ Cellphone pre-paid cards
- ❑ Sturdy rubber shoes
- ❑ Dust mask and work gloves
- ❑ Personal hygiene supplies (including napkin and toilet paper)
- ❑ Large garbage bags and paper towel
- ❑ Change of clothing for 3-5 days (including underwear)
- ❑ Sturdy backpack to carry all items listed

# Extras



- ❑ Energy bars (candies)
- ❑ No cook canned goods (easy open can)
- ❑ Can opener
- ❑ Mess Kit; spoon and fork
- ❑ Pocket knife \ Multi-tools
- ❑ Candles
- ❑ Pen, papers, permanent marker
- ❑ Lighter and matches
- ❑ Insect repellent lotion
- ❑ Local maps
- ❑ Rope (at least 7 meters long)
- ❑ Spare keys (house, car, etc)
- ❑ Sleeping bag

## For Females

- Sanitary napkins
- Panty liners
- Extra underwear
- Feminine wash
- Pepper spray

## For Seniors

- Senior Citizen ID card
- Adult diapers and Extra clothes
- Maintenance medications and prescriptions
- Spare prescription glasses
- Hearing aid and batteries
- Walking aid/ wheelchairs
- Nursing care goods

# First Aid Kit

- 2 absorbent compress dressing
- 25 adhesive bandages
- 1 adhesive cloth tape
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin
- 1 blanket
- 1 breathing barrier
- 1 instant cold compress
- 2 pair of non-latex gloves
- 1 rubbing alcohol
- 1 hand sanitizer
- 2 hydrocortisone
- 1 scissors, blunt short nose
- 1 tweezers
- 1 roller bandage (3" wide)
- 1 roller bandage (4" wide)
- 5 sterile gauze pads (3"x3")
- 5 sterile gauze pads (4"x4")
- 1 non-mercurial thermometer
- 2 triangular bandages
- 12 safety pins
- 1 re-sealable plastic bag (150x230mm)
- 1 re-sealable plastic bag (100x180mm)

# WATER need per person for 5 days

□ The average person needs  
4 Liters water per day x 5 Days  
**= 20 Liters**

(Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Add **16 drops** (1/8 teaspoon) of bleach **per gallon of water**, stir and let stand for **30 minutes**. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.)



# Suggested Emergency Food Supply

- ❑ Ready-to-eat canned meats, fruits, vegetables and a can opener
- ❑ Protein or fruit bars
- ❑ Dry cereal or granola
- ❑ Peanut butter
- ❑ Dried fruit
- ❑ Canned juices
- ❑ Non-perishable pasteurized milk
- ❑ High energy foods
- ❑ Food for infants



# Assorted Medicines



- Sugar packet
- Aspirin
- Ammonia inhalant
- Paracetamol 500mg
- Ibuprofen 200mg
- Antibiotic ointment
- Calamine lotion
- Loperamide 2mg (antidiarrheal drug)
- Loratadine 10mg (antihistamine drug)
- Hyoscine 10mg (antispasmodic)
- Simethicone (antacids)
- Bisacodyl 5mg (laxative)



# Kit storage locations

- Home
  - ▣ Make sure all family members know where the kit is kept
- Work
  - ▣ Should include food, water, and other necessities
- Vehicle
  - ▣ In case you are stranded, keep a kit of emergency supplies in your car



## Reference:

- Red Cross First Aid
- Mayo Clinic First Aid
- ForesightPh
- PHIVOLCS
- National Disaster Risk Reduction Management
- Ready.gov