

# Mineral County Health Department



**Public Health**  
Prevent. Promote. Protect.



The Threat Preparedness Program of the Mineral County Health Department wants to give you the tools to be prepared in case an emergency strikes. Preparedness is the key and here is a list of recommended items to include in your Family Disaster Kit:

- Water - one gallon per person per day, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First Aid Kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food (if kit contains canned food)
- Plastic sheeting and duct tape to shelter in place
- Garbage bags and plastic ties for personal sanitation

Here are some additional items to consider:

- Prescription medications glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof portable container
- Cash or traveler's checks and change
- Emergency reference materials such as a first aid book
- Sleeping bags or blankets for each person
- Complete change of clothing (account for colder climates)
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

We hope that this quick reference list will help you on your way to preparing your own Family Disaster Kit. Just remember...Preparing Makes Sense! For more information on this and any other disaster information, please contact the Mineral County Health Department at (304)788-1321. Information is also available at [www.mineralcountyhealthdepartment.com](http://www.mineralcountyhealthdepartment.com) or [www.ready.gov](http://www.ready.gov).