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Water

Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency. View the [recommended emergency supplies list \(http://www.fema.gov/media-library/assets/documents/90354\)](http://www.fema.gov/media-library/assets/documents/90354)(PDF).

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▼ How Much Water Do I Need?

You should store at least one gallon of water per person for three days. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.
- Keep at least a three-day supply of water per person.

▼ How Should I Store Water?

It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or "use by" date. Store in cool, dark place.

▼ Preparing Your Own Containers Of Water

It is recommended you purchase food grade water storage containers from surplus or camping supplies stores to use for water storage.

Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap.

If you chose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

✓ Storing Water In Plastic Soda Bottles

Follow these steps for storing water in plastic soda bottles.

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.

Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Mix the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Let the water stand for 30 minutes before using.


A slight chlorine odor should be noticeable in the water, if not, add another dose of bleach and allow the water to stand another 15 minutes.

Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so you can know when you filled it. Store in cool, dark place.

Water can also be treated with water purification tablets that can be purchased at most sporting goods stores.

Water that has not been commercially bottled should be replaced every six months.

More information on water treatment is available at [RedCross.org](http://www.redcross.org) (http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4440181_Food_and_V_English.revised_7-09.pdf).

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Prepare. Plan. Stay Informed.



Make A Plan



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> Plan to Protect Yourself & Your

Emergency Communication Plan

This page explains what an emergency communication plan is and why you should make one. It also provides tips and templates on how to make a plan.

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▼ Why Make A Plan

Your family may not be together if a disaster strikes, so it is important to think about the following situations and plan just in case. Consider the following questions when making a plan:

- How will my family/household get emergency alerts and warnings (<http://www.ready.gov/alerts>)?
- How will my family/household get to safe locations for relevant emergencies?
- How will my family/household get in touch if cell phone, internet, or landline doesn't work?
- How will I let loved ones know I am safe?

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- How will family/household get to a meeting place after the emergency?

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✓ Download And Print A Plan

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Community &
Other Plans
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> Plan for
Locations
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Here is a template that you can download, print, and fill out:

- [For parents \(PDF\) \(http://www.fema.gov/media-library/assets/documents/34330\)](http://www.fema.gov/media-library/assets/documents/34330)
- [For kids \(PDF\) \(http://www.fema.gov/media-library/assets/documents/34330\)](http://www.fema.gov/media-library/assets/documents/34330)
- [For transit commuters \(PDF \(http://www.fema.gov/media-library/assets/documents/90370\)\)](http://www.fema.gov/media-library/assets/documents/90370)
- [For your wallet \(PDF\) \(http://www.fema.gov/media-library/assets/documents/108887\)](http://www.fema.gov/media-library/assets/documents/108887)
- [Steps to make a plan \(PDF \(http://www.fema.gov/media-library/assets/documents/108887\)\)](http://www.fema.gov/media-library/assets/documents/108887)
- [Tips on emergency alerts and warnings \(PDF\) \(http://www.fema.gov/media-library/assets/documents/94715\)](http://www.fema.gov/media-library/assets/documents/94715)

Here are a few easy steps to start your emergency communication plan:

1. **Understand how to receive emergency alerts and warnings.** Make sure all household members are able to get alerts about an emergency from local officials. Check with your local emergency management agency to see what is available in your area, and learn more about alerts by visiting: www.ready.gov/alerts (<http://www.ready.gov/alerts>).

2. **Discuss family/household plans for disasters that may affect your area and plan where to go.** Plan together in advance so that everyone in the household understands where to go during a different type of disaster like a hurricane, tornado, or wildfire.
3. **Collect information.** Create a paper copy of the contact information for your family that includes:
 - phone (work, cell, office)
 - email
 - social media
 - medical facilities, doctors, service providers
 - school
4. **Identify information and pick an emergency meeting place.** Things to consider:
 - Decide on safe, familiar places where your family can go for protection or to reunite.
 - Make sure these locations are accessible for household members with disabilities or access and functional needs.
 - If you have pets or service animals, think about animal-friendly locations.

Examples of meeting places:

- **In your neighborhood:** A mailbox at the end of the driveway, or a neighbor's house.
- **Outside of your neighborhood:** library, community center, place of worship, or family friend's home.
- **Outside of your town or city:** home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

5. **Share information.** Make sure everyone carries a copy in his or her backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
6. **Practice your plan.** Have regular household meetings to review your emergency plans, communication plans and meeting place after a disaster, and then practice, just like you would a fire drill.

✓ Related Content

- [Get Tech Ready \(http://www.ready.gov/get-tech-ready\)](http://www.ready.gov/get-tech-ready)
- [Build a Kit \(http://www.ready.gov/build-a-kit\)](http://www.ready.gov/build-a-kit)
- [Individuals with disabilities and others with access and functional needs \(http://www.ready.gov/individuals-access-functional-needs\)](http://www.ready.gov/individuals-access-functional-needs)



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Family Communication Plan

Let them know you're OK!

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Before an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

Out-of-Town Contact

Name: _____
Home: _____
Cell: _____
Email: _____
Facebook: _____
Twitter: _____

Neighborhood Meeting Place:

Regional Meeting Place:

Work Information

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

Workplace: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School Information

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____

School: _____
Address: _____
Phone: _____
Facebook: _____
Twitter: _____
Evacuation Location: _____





Important Information *(continued)*

Family Information

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Name: _____ Date of Birth: _____

Social Security Number: _____

Important Medical Information: _____

Medical Contacts

Doctor: _____

Phone: _____

Doctor: _____

Phone: _____

Pediatrician: _____

Phone: _____

Dentist: _____

Phone: _____

Dentist: _____

Phone: _____

Specialist: _____

Phone: _____

Specialist: _____

Phone: _____

Pharmacist: _____

Phone: _____

Veterinarian/Kennel: _____

Phone: _____

Insurance Information

Medical Insurance: _____

Phone: _____

Policy Number: _____

Homeowners/Rental Insurance: _____

Phone: _____

Policy Number: _____

Text, don't talk!

Unless you are in danger, send a text. Texts may have an easier time getting through than phone calls, and you don't want to tie up phone lines needed by emergency workers.





Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

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Water (/water)

- [Water \(/water\)](#), one gallon of water per person per day for at least three days, for drinking and sanitation
- [Food \(/food\)](#), at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place \(/evacuating-yourself-and-your-family\)](#)
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities \(/utility-shut-safety\)](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

[Recommended Supplies List \(http://www.fema.gov/media-library/assets/documents/90354\)](http://www.fema.gov/media-library/assets/documents/90354) (PDF)

▼ Collapse All Sections

▼ Additional Emergency Supplies

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- [Prescription medications \(/individuals-access-functional-needs\)](#) and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the [Emergency Financial First Aid Kit - EFFAK \(http://www.fema.gov/media-library-data/1441313659987-38b0760a58131b871d494ddacbf52b6e/EFFAK_2015_508.pdf\)](http://www.fema.gov/media-library-data/1441313659987-38b0760a58131b871d494ddacbf52b6e/EFFAK_2015_508.pdf) (PDF - 977Kb) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.
- Emergency reference material such as a first aid book or free information from this web site. (See [Publications \(/publications\)](#))
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

✓ First Aid Kit

In any emergency a family member or you yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Other first aid supplies:

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

✓ Supplies For Unique Needs

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For more information about the care and feeding of infants and young children during an emergency, visit the [California Dept. of Public Health website](http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/EmergencyPreparednessInfantandYoung) (<http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/EmergencyPreparednessInfantandYoung>).

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses


Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

if you live in a cold climate (winter-weather), you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Jacket or coat
- Long pants
- Long sleeve shirt

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