

Plan



You can do this!

Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

1 Water



One gallon per person, per day for three days.

2 Food



Non-perishables, such as canned or packaged food.

3 Clothes



One change of clothes and footwear per person.

4 Medications



Three days' worth of prescription medications.

5 Flashlight



A bright flashlight and extra batteries.

6 Can Opener



Manual can opener in case there's no electric power.

7 Radio



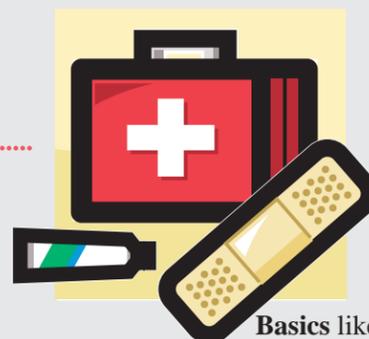
Battery-powered radio and extra batteries.

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.

Done!

For more information about emergency preparedness, contact some of the following organizations or call 1-800-971-1999 or 530-225-5591.

Shasta County, CA	co.shasta.ca.us
Shasta County Sheriff	sheriff.co.shasta.ca.us
Shasta County Public Health	shastapublichealth.net
Be Prepared California	bepreparedcalifornia.ca.gov
American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disability Preparedness	disabilitypreparedness.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov
Humane Society of the United States	hsus.org/disaster

(For help with pet preparation.)

