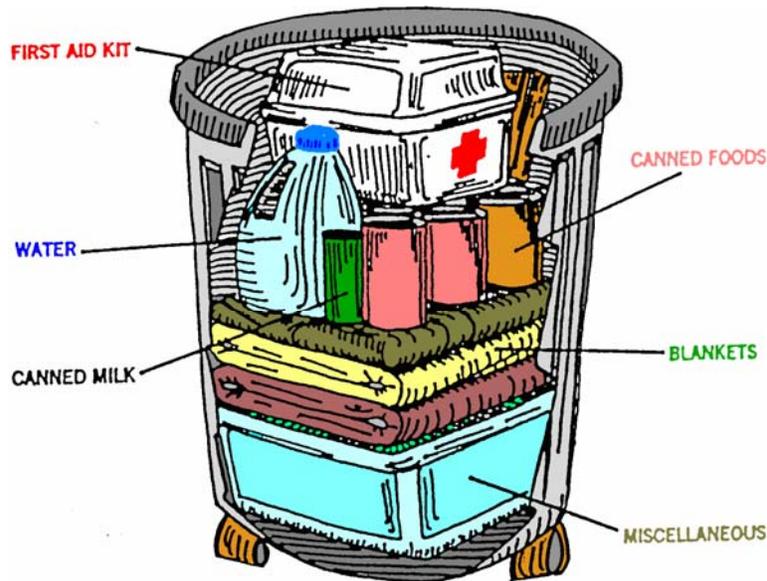


HOME EMERGENCY SUPPLIES

Storage of Emergency Supplies

Some families prefer to store their emergency supplies in one location. Choose a place in your home, which would be relatively safe in time of an earthquake (such as a closet, under a bed or in the garage). The perishable supplies will remain stable longer if stored in a cool, dark location. You might need individually oriented containers. To have enough supplies for 7 days, each person in your home may have their own in their closet.

Be prepared to camp out in your back yard and/or walk to a safe site with your family



One suggested method for storing emergency supplies is to place them in a large, covered trash container. They can be layered as shown and all kept together in the large covered container. Plastic containers come in all shapes and sizes. They're water and rodent proof and are fairly durable. Choose the size that suits your needs. Be sure the container comes with a securing lid and preferably on wheels for easy transport.

*Note: It is best to store plastic water containers on top of the contents rather than on the bottom, where they could possibly crack and leak from the weight heavy objects placed on top of them.

Shut off gas only if you have good reason to suspect a leak

**Provided by: THE CITY OF MURRIETA FIRE DEPARTMENT
OFFICE OF EMERGENCY SERVICES**



(951) 304-3473

SEVEN-DAY SURVIVAL PACK

TOP OF THE BARREL

Flashlight, Radio, Batteries

FIRST AID KIT

DRUGS

Antibiotic Ointment
Aspirin Tablets
Syrup of Ipecac (to induce vomiting)
Kaopectate
Prescription Medicines

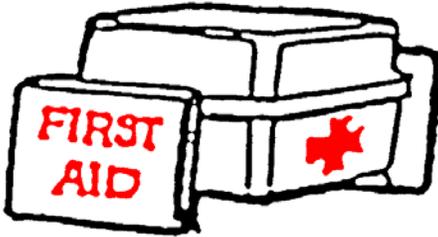
Ace Bandages
Butterfly Bandages
Gauze Pads (4"x4")

DRESSINGS

Adhesive Tape 2" width roll
Sterile Bandage 2" width roll
Sterile Bandage 4" width roll
Bandage, Large Tri
Bandages, Plastic Strips
Cotton Tipped Swabs

MISCELLANEOUS

Scissors
Tweezers
Thermometer
Petroleum Jelly
Tissues
Pocket Knife
First Aid Handbook



MIDDLE OF THE BARREL

FOOD

7-days supply of food that requiring no refrigeration. Date all food items.
Write out a menu for each day.

Examples:

Canned Tuna or Pork and Beans (1/2 lb. per person)
Nonfat Dry Milk (1/2 lb. per person)
Dried Apricots (1/2 lb. per person)
Canned Orange or Tomato Juice
Peanut Butter (1/2 lb. per person)

*This supplies daily 2100 calories and essential nutrients
Water (1-2 gallons per person per day)

BOTTOM OF THE BARREL

BEDDING

Sleeping Bag/Blankets
Plastic Sheet/Tarp

Shovel
Axe
Bucket (plastic bag liners)

CLOTHING

Change of clothes (gloves,
sturdy shoes, jacket)

INFANT NEEDS
If applicable

PERSONAL SUPPLIES

Toiletries
Towel
Good Book
Paper/Pencil

PERSONAL DOCUMENTS
(See Page 3 for suggested
items)

MONEY

Cash

FUEL & LIGHT

Flashlights
Matches
Candles
Signal Flare
Sterno Cans
Batteries

MISCELLANEOUS

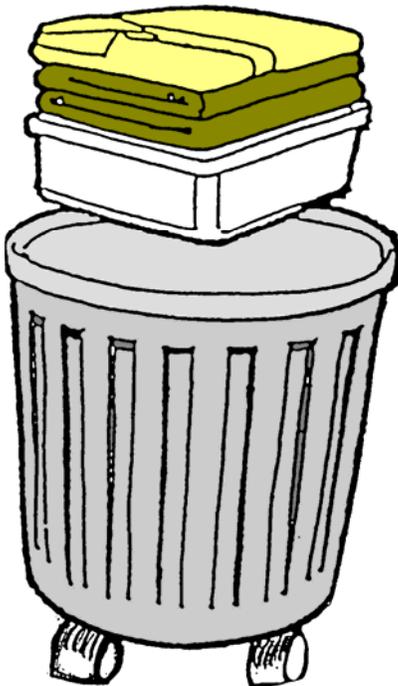
Water Purification Tablets
Liquid Chlorine/Household
Laundry Bleach
Eye Dropper

EQUIPMENT

Can Opener
Dishpan
Dishes and Utensils (disposable)
Battery Powered Radio

Tools

Pry bar
Hammer
Pliers
Adjustable wrench



SUGGESTED ADDITIONAL ITEMS

Cash	Cooking Utensils
Eyeglasses	Heavy Duty Aluminum Foil
Bar Soap	Outdoor Grill, Camp Stove, Chafing Dish, etc.
Bucket	Axe, Hammer and Assorted Tools
Household Cleanser/Detergent	Filament Tape
Toys for Children	Plastic Eating Utensils
Personal Hygiene (toothbrush/paste, deodorant, feminine supplies, etc.)	Telephone Numbers
Hand Towel	Smoke Detector (with spare batteries)
Paper Towels, Plates and Cups	Escape Ladder (for multi-story structure)
	Tent, Tarp or Plastic Sheet

Personal documents (place in a plastic bag, which can be sealed and placed in your freezer):

- Birth Certificate
- Health Papers
- Passports
- U.S. Service Discharge Papers
- Ownership Certificates (for autos, trailers, boats, etc.)
- Social Security Cards
- Insurance Policies (Health, Life and Auto)
- Will
- Certificates of Authenticity (for objects of art, etc.)
- Household Inventory
 - List of Contents
 - Photographs of Contents of Every Room (take photos from two angles of each room)
 - Photographs of Jewelry (placed on dark cloth)
 - Genealogy (family tree)

SURVIVAL KIT FOR AUTO

- Blankets
- Drinking Water (suggest Mylar packets to conserve space)
- Change of Clothes (gloves, sturdy shoes, coat, hat, rain gear, etc.)
- Coins (for phone calls)
- Fire Extinguisher (ABC type)
- First Aid Kit and Manual
- Emergency Signal Device (light sticks, battery type flasher, reflector, etc.)
- Flashlight (fresh batteries and spare bulbs)
- Food (nonperishable: nutrition bar, trail mix, etc.)
- Local Maps
- Polyethylene Rope (for towing, rescue, etc.)
- Paper and Pencil
- Pre-moistened Towelettes
- Prescription Medicines
- Sealable Plastic Bags
- Short Rubber Hose (for siphoning)
- Small Mirror (signaling for help)
- Toilet Tissue
- Whistle (signaling for help)
- Tools (spare tire, jack, lug wrench, pliers, screwdriver, wire, etc.)
- A backpack suitable to carry supplies if you need to walk home

**You will duplicate rescues in the various containers and/or locations
Duplication will be a good thing**

WATER

You need a minimum of one gallon of water per day per person for drinking and food preparation – a total of fourteen gallons per person for a two-week period. Additionally, another half gallon per person per day for bathing, brushing teeth and dishwashing will be needed.

A family of four would require a minimum of 56 gallons of water, and preferably 84 gallons for a two-week period. Do not overlook the water supply in the hot water tank and the toilet tank (be sure to shut off the incoming water valve in case the local water supply is not safe).

Store water reserves in thoroughly washed, clean containers. Plastic containers with tight-fitting caps are best. Glass jugs may be used but plastic has the advantage of being shatterproof and lightweight. Metal containers tend to give water an unpleasant taste.

Clean water stored in clean containers with tight-fitting lids will remain palatable for an indefinite period. If using purchased water, follow expiration dates or rotate water every six months. Check the containers occasionally for leaks or cloudiness. If the water starts to look or taste bad, change it. If you have any doubts about the safety of the water to be stored, purify it before you store it.

To Purify Water

1. The safest method of purifying water is to boil it vigorously for 1 to 3 minutes. To improve the taste of the water after boiling, pour the water from one container to another several times.
2. You can also purify water by adding any household bleach solution that contains 5.25 percent of sodium hypochlorite (most common bleach solutions contain this amount). Add the bleach solution to the water in a clean container. Mix thoroughly by stirring or shaking. Let stand for 30 minutes. The following table shows the proper amount of 5.25 percent solution to add to water.

Amount of Water	Amount of solution to add to:	
	Clear water	Cloudy water
1 quart – (1/4 gallon)	2 drops	4 drops
1 gallon	8 drops	16 drops
5 gallons	½ teaspoon	1 teaspoon

3. You can use ordinary 2 percent tincture of iodine, which you may have in your medicine cabinet, to purify small quantities of water. Add 3 drops of tincture of iodine to each quart of clear water or six drops to each quart of cloudy water, and stir thoroughly.
4. You can safely use water purification tablets that release chlorine or iodine to purify water. They are inexpensive and available at most sporting goods stores and some drugstores. Or buy a manual pump style water filtration unit from a sporting goods store.

HELPFUL HINTS FOR STORING FOOD

The following information on pantry shelf storage is taken from the pamphlet "Food Storage in the Home (EC 257 rev.*)" published by the Extension Services, Utah State University in Logan. It is reprinted for your information, in the hope it will better prepare you and your family for emergency situations.

Temperature: Store food in the coldest cabinets, not over ranges or by refrigerator exhausts. Use the coolest spots (cellars, garages, outside utility sheds) for storing large quantities of potatoes or onions, and for long-term storage of canned foods.

Time: Most staples and canned foods have expiration dates, you should buy no more than you expect to use in the recommended storage times, as flavors will fade and textures may wilt. Date your foods, and then remember to check the cabinets every six months to use up the oldest items.

Buying: Purchase the freshest looking package. Messy or shopworn labels indicate old stock. Do not buy cans with swollen ends, as the food inside has gone bad.

CANNED AND DRIED FOODS

Fruits, Canned (store in cool area)	12 months
Fruits, Dried (place in air-tight container)	6 months
Gravy, Canned	12 months
Meat, Fish, Poultry	12 months
Pickles, Olives (refrigerate after opening)	12 months
Soups, Canned (store in cool area)	12 months
Vegetables, Canned (store in cool area)	12 months
Vegetables, Dried (store in cool area)	12 months

HERBS, SPICES AND CONDIMENTS

Catsup (opened)	1 month
Whole Spices	12 months
Ground Spices	6 months
Herbs (place in airtight container)	6 months
Hot Pepper Sauce, Worcestershire Sauce	24 months

For the above periods of time, check the item's aroma, when it fades, replace the items.

STAPLES

Baking Powder (keep covered and dry)	18 months
Bouillon Cubes (keep covered and dry)	12 months
Bread Crumbs, Dried (keep covered and dry)	6 months
Cereals, Ready-to-Eat (keep covered and dry)	4 months
Cereals, Cooking (keep covered and dry)	6 months
Chocolate, Pre-melted (store in cool area)	12 months
Chocolate, Semisweet (store in cool area)	24 months
Chocolate, Unsweetened (store in cool area)	18 months
Coffee, Canned-Unopened (refrigerate after opening)	1 month

STAPLES (continued)

Coffee, Instant – Opened (keep tightly closed)	1 month
Coffee, Instant – Unopened	6 months
Coffee Lighteners, Dry-Opened (keep tightly closed)	6 months
Condensed/Evaporated Milk (refrigerate if opened)	12 months
Flour, All types (place in airtight container)	18 months
Gelatin, All types (keep in original container)	18 months
Honey, Jams, Syrups (keep tightly covered)	12 months
Nonfat Dry Milk (place in air-tight container)	6 months
Pasta (keep tightly covered)	24+ months
Pudding Mixes (keep in original container)	12 months
Rice Mixes	6 months
Salad Dressing, All types (refrigerate if opened)	3 months
Salad Oil	1/3 month
Shortening, Solid (refrigeration not needed)	8 months
Sugar, Brown (place in air-tight container)	4 months
Sugar, Granulated (keep tightly covered)	24+ months
Sugar, Powdered (place in air-tight container)	4 months
Molasses (keep tightly covered)	24+ months
Tea Bags (place in airtight container)	18 months
Tea Instant (keep tightly covered)	36 months
Tea Loose (place in air-tight container)	36 months

MIXES AND PACKAGED FOODS

Cake Mixes (store in cool area, keep dry)	12 months
Casserole Mixes (store in cool area, keep dry)	18 months
Cookies, Packaged (keep tightly covered)	4 months
Crackers (keep tightly covered)	3 months
Frosting, Cans or Mixes	8 months
Hot Roll Mix (open and place in air-tight container)	18 months
Pancake Mix (place in airtight container)	6 months
Pie Crust Mix	8 months
Potatoes, Instant (keep in original Package)	18 months
Toaster Pop-ups (store in airtight container)	3 months

MISCELLANEOUS

Coconut (refrigerate after opening)	12 months
Metered Calorie Products (keep in cans, closed jars or original package)	
Instant Breakfasts	6 months
Nuts (refrigerate after opening)	9 months
Onions, Potatoes and Sweet Potatoes (Store at room temperature. For longer storage, keep below 50 degrees, but not refrigerated. Keep dry and out of sun. Plan short storage in spring, when sprouting is a serious problem)	2 weeks
Cheese, Parmesan (keep tightly closed)	2 months
Peanut Butter, Unopened	9 months
Peanut Butter, Opened	2 months
Soft Drinks	3 months
Whipped Topping Mix Package	12 months

EMERGENCY FOOD SUPPLY

WHY?

In an emergency such as a large earthquake, food suppliers such as grocery stores will probably sustain heavy damage and will not be available for several days. Roads may be blocked and extended power outages could occur. Fill-up your car with fuel at a half tank. Gas stations will probably be able to provide service until electricity is restored.

WHAT SHOULD I DO?

Prepare an emergency food supply that will last each individual several days or as much as a week. Use foods that your family likes. Canned foods, dry mixes, dehydrated fruit, etc., normally used will do just fine. Try for a balanced meal approach. Do not forget a manual can opener in the event of a power outage. Foods stored in dark, cool areas last longer. Rotate food items from storage at least once or twice a year to avoid spoilage and to keep freshness. It may be helpful to write the date on the items the day they were stored. **Keep on hand an extra propane tank for your BBQ**

WHAT ABOUT FOODS IN REFRIGERATORS OR FREEZERS?

Perishable foods such as milk, meats, etc., that are normally stored under refrigeration will spoil quickly without it. Foods in freezers can last several days without power if the door is left closed.

WHAT NOT TO DO....

If perishable foods lose refrigeration and become warm, DO NOT USE. Bacteria grow rapidly without refrigeration, and may cause food poisoning.

If canned foods have been damaged and are bulging or leaking DO NOT USE.

DO NOT USE food from open containers where broken glass is present, or where household chemicals have spilled.

Unsealed containers and those that have been punctured by rodents or have rodent droppings should NOT BE USED.

There are several reputable suppliers of prepared emergency food supplies for individuals, families and business. Check your Yellow Pages for a distributor nearest you.

AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR!

People are most frequently injured by falling objects during and shortly after the earthquake and cuts from broken glass especially on the hands and feet.

SUPPLIES NEEDED IN AN EMERGENCY

1. **FOOD** – Nonperishable, canned or dehydrated, requiring minimum heat and water. Remember food for infants and pets.
2. **WATER** – A minimum of one (1) gallon per person per day for drinking. Additionally half a gallon of water per person per day is required for cooking and hygiene.
3. **FIRST AID KIT** – Customized, based on family needs. Include first aid manual.
4. **FLASHLIGHT AND SPARE BATTERIES** – Don't forget spare batteries/bulbs.
5. **RADIO AND SPARE BATTERIES** – Portable type.
6. **FIRE EXTINGUISHER** – ABC multipurpose type.
7. **PRESCRIPTION MEDICINES** – Keep extra supply on hand. Note expiration dates.
8. **CAN OPENER** – Manual type.
9. **MATCHES** – Waterproof type or dipped in wax.
10. **KNIFE** - Sheath or pocket type.
11. **TOOLS** - Pliers, screwdriver, crescent wrench, shovel, wire, broom, etc.
12. **PLASTIC BAGS WITH TIES** - Assorted sizes for waste disposal, storage of personal items, etc.
13. **ROPE** - Polyethylene type preferred.
14. **CANDLES** - Open flames are not to be used if gas leaks or electrical problems exist.
15. **STERNO OR OTHER BRAND OF HEATING FUEL FOR FOOD PREPARATION** -
Note: Fumes from charcoal are especially deadly – cook with charcoal outdoors. Keep extra propane for your BBQ on hand.
16. **BLANKET** – Of woolen material; one per person.
17. **GLOVES** – Work type of durable material.
18. **Tools** - To fix water or gas leaks, open stuck doors... Shut off gas only if you have good reason to suspect a leak