



# BE PREPARED, TAKE THE FIRST STEP!

PREPAREDNESS AND PUBLIC HEALTH THREATS  
COLLECT THESE ESSENTIAL ITEMS TO HELP YOU  
IN THE EVENT OF AN EMERGENCY



## ✓ Water

One gallon per person, per day for 3 days



## ✓ Food

Non-perishables such as canned or dry food. Don't forget the pets!



## ✓ Clothes

One change of clothes and shoes per person



## ✓ Medications

3 day supply of prescription medications



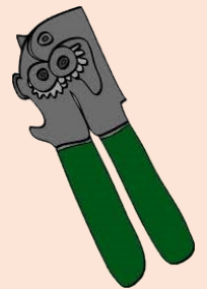
## ✓ Flashlight

A flashlight and extra batteries



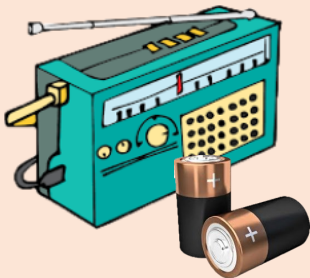
## ✓ Can Opener

Manual can opener



## ✓ Radio

Battery powered radio and extra batteries



## ✓ Hygiene Items

Basics like soap, toilet paper and a toothbrush



## ✓ First Aid

Basics like antiseptic, bandages, and non-prescription medicines



## ✓ Children's Items

\*If breastfeeding, continue doing so

Ready-to-feed formula\*, bottles, diapers, ointments, baby wipes



**For more information, contact:**



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SJC Office of Emergency Services

[sjready.org](http://sjready.org)

California Department of Public Health

[cdph.ca.gov](http://cdph.ca.gov)

Centers for Disease Control

[emergency.cdc.gov](http://emergency.cdc.gov)

U.S. Dept. of Homeland Security

[ready.gov](http://ready.gov)