



Emergency Preparedness Kits

Emergency Preparedness Kits should be made or purchased for your **home, car, and office** to provide **food, water, tools, and medical supplies** for a minimum of 3-5 days following an earthquake or other major community disaster. You may be without water, electricity, phones and utilities for a week or more. Families, neighborhoods, businesses, schools, and other facilities need to be ready to survive on their own and help those around them. Help to stabilize your neighborhood or work location by treating injuries and turning off utilities, if required.

Emergency Kit Content Suggestions

Paper Towels Toilet Tissue Sanitary Napkins Facial Tissue	First Aid Kit Cloth Strips - Medicines Extra Glasses Extra Cash	Pencils, Pens, Paper Important Documents Books
Toothpaste Toothbrush Bar Soap Shampoo Liquid Cleaner Liquid Bleach Other Hygiene	Scissors Plastic Utensils Manual Can Opener AM/FM Radio Tools Pry Bar Gas Shut Off Tool	Flashlights Batteries Matches Candles Duct Tape Whistle Work Gloves
Blankets Extra Shoes/Clothes Towels - Sweaters	Non-Perishable Food: Canned Foods - Nutrition Bars Boxed Juices - Vitamins Peanut Butter - Boxed Foods Candy, Nuts, Dried Fruits & Crackers	
Sterno Stove - Canned Sterno Cooking Pot - String, Wire Aluminum Foil - Plastic Dishes Bags (Food & Trash) Emergency Water Filter	Bottled Water - 1-gallon per person per day (store separately)	

Sample Home Preparedness Kit in see-through plastic bin

(Plastic garbage cans, duffel bags, or backpacks may also be used)



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For more information on Emergency Preparedness for Alameda County residents, neighborhoods, and business facilities, contact the Alameda County Sheriff's Office of Homeland Security and Emergency Services at [925-803-7996](tel:925-803-7996) or email phess@acgov.org View our preparedness website at: ready.acgov.org