



# Volunteer Link

KNOX COUNTY HEALTH DEPARTMENT

DISASTER SUPPLIES KIT

## SPECIAL POINTS OF INTEREST:

- Bug Out Bag
- Food for the Bug Out Bag
- Water Management & Treatment
- Additional items to add to your kit



## CONTACT US

Phone:  
309-344-2224

Fax:  
309-344-5049

Address:  
1361 West Fremont  
Galesburg, IL 61401



## Disaster Supply Kit (Bug Out Bag)

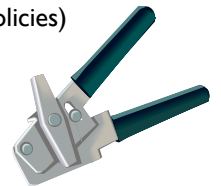
Being prepared means being equipped with the proper supplies for an emergency or disaster. These supplies are simply a collection of items that you may need in an emergency.

The supplies should be stored in an easy-to-carry bag/kit that you can use at home or take with you in an emergency. Assemble this kit well in advance so that you are prepared in a moment's notice.



### Bug Out Bag Essentials:

- Water
- Food
- Battery-powered or hand crank radio (NOAA Weather Radio, if possible) & extra batteries
- Flashlight & extra batteries
- First aid kit
- Medication (7 day supply)
- Whistle to signal help
- Dust mask to filter air as well as duct tape & plastic sheeting
- Moist towelettes, garbage bags & ties (sanitation)
- Wrench, pliers or multi-purpose tool
- Manual can opener
- Local maps
- Cell phone with chargers, inverter or solar power
- Emergency blanket
- Matches & lighter in waterproof container
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)



## Emergency Food Supplies

After a disaster, power outages could occur for several days. It is important to consider this when selecting food for your Bug Out Bag. Remember to choose foods your family will eat, low sodium to reduce thirst and enough to last 3 days.

### Possible Food Supplies:

- Ready-to-eat canned meats, fruits, vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried Fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Comfort/stress foods



# Water Management & Treatment

1. Allow people to drink according to their needs— Many people need more than the 1 gallon per day.
2. Never ration drinking water unless ordered to do so by the authorities—Everyone should drink a minimum of 4 cups or 1 quart of water a day.
3. Drink water that you know is not contaminated first—You can treat water from other sources (ponds, streams, etc.), but you should use your safe water as long as possible.
4. Do NOT drink carbonated beverages instead of drinking water—these drinks along with alcohol dehydrate the body.
5. Turn off the main water valves to the residence— Closing this valve will keep contaminants from coming in to the existing water within your residence.



- Boiling—Bring water to a roaring boiling for one full minute. Once the water has been boiling for one full minute, remove it from the heat source, let it cool & use.  
\*You can oxygenate water to improve taste by passing the water from one clean container to another.
- Chlorination—Household bleach containing 5.25 to 6.0% sodium hypochlorite added to water will kill germs. Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor.  
\*Do not use scented, color safe or bleaches with added cleaners.
- Distillation—Creates condensed vapor that is free from salt & most impurities.  
Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

## Additional Items for a Bug Out Bag

- ⇒ Infant formula & diapers
- ⇒ Per food & extra water
- ⇒ Important family documents: insurance policies & bank information in waterproof container
- ⇒ Cash or traveler's checks
- ⇒ First aid book
- ⇒ Sleeping bag or warm blanket for each person
- ⇒ Extra clothing
- ⇒ Household chlorine bleach & medicine dropper
- ⇒ Fire extinguisher
- ⇒ Feminine supplies & personal hygiene items
- ⇒ Mess kits or disposable dinnerware
- ⇒ Paper & pencil
- ⇒ Books, games, puzzles & other diversions



For more information on disaster supply kits visit [ready.gov](http://ready.gov)