

Household Emergency Preparedness Assignment



Goal: Each household is prepared with a minimum of a 14-day supply kit of basic emergency needs by June 4, 2022

- Start with what you have on hand.
- Organize it.
- Inventory your emergency supplies and resources.
- Identify the needs of your household.
- Make a plan. Fill in the gaps.
- Be prepared to care for yourselves in a time of need.
- Be better able to lend a helping hand to others.

Important: Due to our location it is highly recommended that we all plan to be able to provide for our household's basic needs for at least 14 days in the wake of a potential natural or other emergency.

These are the very basics:

Water: 1 gallon per person/per day (plan for pets)

Food: Essential non-perishable foods (simple and nourishing)

Shelter: Identify your options and have a plan in place for shelter from potential floodwaters/sun/heat/rain/wind/cold --if needed. (includes light, possible heat/cooking source, blankets/bedding)

Other essentials: Infant care supplies, feminine hygiene, medicines, basic first aid kit, copies (digital) of important documents, a change of clothes per person, some cash, scriptures, phone chargers, a game. (Aim to always keep car gas tank ½ full or above).

Create 'go kits' in the event of the need for evacuation.

The thought of weathering any natural disaster can be overwhelming but being prepared ahead of time can help you individually, as a family and community.

Please see and use the following link of quick tips and a simplified step by step checklist for emergency preparedness: https://www.hawaiianelectric.com/documents/safety_and_outages/storm_center/emergency_preparedness_checklist.pdf

Other helpful links:

<https://view.hawaiianelectric.com/handbook-for-emergency-preparedness-for-kids-maka/page/6-7>

<https://www.hawaiianelectric.com/safety-and-outages/storm-center/emergency-preparedness-handbook>



Be wise. Start now. Organize. Be prepared.

Example of Emergency Supplies Checklist

Water (one gallon per person per day for at least three days, for drinking)

Food (at least a two week supply of non-perishable food) Canned foods, Protein bars, Chocolate, rice, instant noodles, nuts, dried fruit, can opener

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

Flashlight and extra batteries

First aid kit: Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids, laxatives, band-aids, antibacterial creams.

Whistle (to signal for help) and multi-purpose tool

Moist towelettes, resealable bags, garbage bags and plastic ties (for personal sanitation)

Cell phone with chargers and a backup battery

Prescription medications, Prescription eyeglasses and contact lens solution

Infant formula, bottles, medicines, diapers, wipes and diaper rash cream

Personal hygiene items, toothbrush, toothpaste, soap, insect repellent, shampoo, hand sanitizer, feminine supplies, disinfecting wipes,

Pet food and extra water for your pet

Sleeping bag or warm blanket, change of clothes, sturdy shoes for each person

Mess kits, paper cups, plates, paper towels, matches and plastic utensils.

Cash and Important family documents: copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.

Pad of paper and pencil/pens/marker

Books, games, puzzles or other activities for children and adults.