



Personal Disaster Supplies

OHSU encourages you to have a **personal disaster supplies kit** for yourself and/or family in case of an emergency at home or at work. The following is a list of supplies that the American Red Cross suggests you consider:

Flashlight with extra batteries - Use the flashlight to find your way if the power is out. Do not use candles or any open flame for emergency lighting.

Battery-powered radio - News about the emergency may change rapidly as events unfold. Radio reports will give information about affected community areas.

Food - Enough non-perishable food to sustain you for at least one day (three meals), is suggested. Select foods that require no refrigeration, preparation or cooking, and little or no water, such as: ready-to-eat canned meals, meats, fruits, and vegetables; canned juices; and high-energy foods (granola bars, energy bars, etc.).

Water - Keep at least one gallon of water available. Store water in plastic containers such as soft drink bottles. Avoid using containers that will fail or break, such as milk cartons or glass bottles.

Medications - Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least 3-day supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and ask your supervisor about storage concerns.

First Aid Supplies – Basic supplies in including adhesive bandages, tape, and cold packs.

Tools and Supplies - Items you might need include: emergency blanket; paper plates, cups, and plastic utensils; personal hygiene items: toothbrush, comb, soap, contact lens supplies, and feminine supplies; plastic garbage bags (for personal sanitation); and one complete change of clothing and footwear.

General Information -

Your kit should be adjusted based on your own personal needs. Do not include candles, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician.

The items listed above typically can fit into a small bag or plastic storage container that you can grab and take with you.

