

BE Prepared: GO Kits

Most Minnesotans agree that Minnesota offers the best in every season. Summer fun on the lakes. Color-changing leaves and hunting in the Fall. Snow sports and ice fishing in the Winter. New life and opening lakes in the Spring. However with the best, comes some of the worst: blizzards, ice storms, tornadoes....

Additionally, we need to be prepared for manmade emergencies: gas leaks, or chemical spills from accidents on nearby highways or railroads. These are emergencies that may mean that you and your family have to vacate your home quickly. How can you be ready to GO?

According to the Ready America website, at Ready.gov, the recommended items to include in a basic emergency supply kit include:

- [Water](#), one gallon of water per person per day for at least three days, for drinking and sanitation
- [Food](#), at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- [First aid kit](#)
- Whistle to signal for help
- [Dust mask](#), to help filter tainted air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

People who have children, pets, medical needs, or live in cold climates may have additional needs. Here are some additional items that you may want to consider adding to your "Go Kit".

- Prescription medications and glasses
- Eyeglasses, hearing aids and batteries, wheelchair batteries, oxygen
- Infant formula and diapers , and baby wipes
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Pillow, sleeping bag and warm blankets for each person.
- Complete change of clothing including a sweatshirt, long sleeved shirt, long pants, long underwear and sturdy shoes.
- Household chlorine bleach and medicine dropper –Nine cups water plus one cup bleach, bleach can be used as a disinfectant. You can also treat water by adding 16 drops of regular household liquid bleach to a gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Household wipes
- Fire Extinguisher
- Matches in a waterproof container

- Feminine supplies and personal hygiene items
- Tooth brushes and tooth paste
- Mess kits, paper cups, plates and plastic silverware, and paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

If you have time when evacuating, turn off your utilities, to reduce the damage to your home.

For more information on keeping your family safe and healthy, call Aitkin County Health & Human Services at 927-7200 or 800-328-3744 or visit cdc.gov or Ready.gov.