

PREPARE YOUR HEALTH: PERSONAL NEEDS

Personal needs include provisions, supplies, and equipment necessary to protect the health and safety of your family in an emergency.



THE BASICS:

- Water
- Special foods—for infants, people with dietary restrictions and medical conditions such as diabetes.
- Prescription eyeglasses, contact lenses, and contact lens solution.
- Assistive technologies, like hearing aids.
- Medical alert ID bracelet or necklace
- Health protection supplies, including insect repellent, and water purification tablets.
- Medical equipment
- First aid kit and medical supplies
- Pet supplies, childcare supplies, and baby supplies

ARE YOU RESILIENT?

Resilience is a person's ability to bounce back from a difficult or life-changing event. People are more resilient and better able to withstand, adapt to, and recover from adversity when they make healthy choices, including the decision to prepare for emergencies.

QUICK TIPS:

- Pack emergency supplies in a portable and durable container like **plastic bin, duffle bag, backpack, or carry-on luggage.**
- Shop for **canned (not jarred) foods.** Undamaged, commercially-prepared foods in all-metal cans can be saved if you remove the labels, thoroughly wash the cans, rinse them, and then disinfect them with a sanitizing solution.
- Store at least **1 gallon of water per day** for each person and each pet. Store more water for hot climates, for pregnant women, and for people who are sick.
- Update your supplies **every six (6) months.** Remove, use, and replace food and water, medications, and supplies before they expire.
- Use **Ready Wrigley checklists and activity books to help explain** emergency preparedness to children and involve them in gathering supplies.