

EMERGENCY PREPAREDNESS

WATER, Essential for Life – YOUR Sole Responsibility

In any emergency situation, you are solely responsible for having an adequate supply of water. You cannot depend on anyone or any organization, including your mutual, to supply you with water. Therefore, you must have at least a two week's supply of water for drinking, washing, and food preparation – per person. Without your own water, you will not survive.

Whenever the water supply is cut off from Leisure World, due to a water main break, because of an earthquake, accident, or other disaster, you may be without water for two weeks or longer. Are you prepared?

What do you need to do to be prepared? Select places in your apartment and porch storage bin where you can store water. You need at least two quarts (4 pints) of drinking water PER DAY. So, for a two week's supply, you will need a minimum of 30 quarts or 60 pints (3 cases, if 24 per case) or 7 one-gallon bottles. One method is to store several cases of pint or quart bottles of water in your storage bin, and one case in your apartment. You can use bottles from the apartment case to stock your refrigerator. When the apartment case is empty, you can move the oldest case from your porch storage into your apartment. Be sure to purchase another case to put in your porch storage, and, put it on the bottom of the other cases already there. You should rotate the cases to insure that you will have fresh water. (Over a period of time, the plastic may slowly dissolve into the water, which will make it taste bad. The FDA considers bottled water to have an indefinite shelf life, if it remains unopened and was produced according to regulations). You could also use jugs of water for drinking, although they are harder to handle. During an emergency situation, use this water for food preparation.

Besides the drinking water, you need water for washing – yourself, to keep clean and to cleanse any wounds. Purchase several one to five gallon jugs to use for washing (they usually cost less). Five gallons a week, per person, should be adequate. Jugs larger than one gallon can be difficult to manage or move.

Don't forget, drinking water requirements can also be met by consuming fruit or vegetable juices. Warm or cold, it will still count in your body as satisfying water needs. You need water to stay alive. You can go without food for several days, but not without water.

How do you know you are drinking enough water? Check the color and amount of urine that you produce. The urine should be clear and not dark in color (unless a dark color is normal for you because of the medications you take). Urine is normally a yellow color. If it is very dark, drink more water (be kind to your kidneys, they eliminate most of the potentially dangerous substances in your body).

RECOMMENDED ITEMS IN A BASIC EMERGENCY SUPPLY KIT

- Water :** One (1) gallon per person per day for at least three (3) days. More is always better, plan for two (2) weeks.
- Food :** At least three (3) days supply of non-perishable food. Again more is better plan for two (2) weeks.
- Radio :** Battery operated or hand crank. Extra batteries are recommended
- Flashlight :** With extra batteries. No candles as they can cause a fire
- Whistle :** To signal for help
- Dust Masks :** To filter contaminated air from dust or smoke
- Plastic Sheeting & Duct Tape :** To provide shelter if needed
- Tools :** Wrench, pliers, hammer or any other tools to aid in sheltering in place or turning off utilities.
- Mess Kit :** Can opener, paper cups, plates and plastic utensils and paper towels
- Items for Personal Sanitation :** Moist towelettes, garbage bags, bucket for human waste and plastic ties for per sanitation
- Personal Hygiene Items :** Disposable gloves, adult diapers, feminine products
- Money :** Make sure you have small bills and change, your credit cards may not work and stores may not have change to give you.
- Fire Extinguisher**
- Matches :** In waterproof container
- Paper & Pencil :** May need to take note or make signs
- Blanket :** 1 per person or a sleeping bag will do
- Clothing :** Make sure you have a sturdy pair of shoes, socks and jacket.
- Household Bleach :** Can we used to disinfect at nine (9) parts water to one (1) part bleach. In an emergency you can treat water with 16 drops of bleach per gallon of water. DO NOT use scented, color safe or bleaches with added cleaners
- Prescription Medications and Glasses**
- Pets :** Food, water, toys and blanket. Make sure you have a carrier for your pet
- Documents :** Copies of important papers, ie, insurance, identification, or bank accounts. Place in waterproof container or bag.
- Basic First Aid Kit**