

## National Preparedness Month

### Week 2 September 5-11: Build a Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for several days. An emergency kit is a collection of basic items your household may need in the event of an emergency.

Emergency kits should include basic supplies and be tailored to each person's need. You will need additional supplies if your household has children, seniors, individuals with access and functional needs, or pets. Kits should be kept in a water-resistant container or a sturdy, transportable bag, and stored in locations where they will be both useful and accessible when needed.

You might ask yourself, how much water do I need for my family? A good rule of thumb is one gallon of water per person, per day. For a family of four for three days, that would be twelve gallons. Use commercially bottled water. Keep in mind that bottled water has an expiration date!

Other items to include in your emergency kit are:

- Food, at least a three-day supply of non-perishable food
- Battery powered or hand crank radio
- Flashlight
- First aid kit
- Manual can opener
- Medication and health information

For a complete list of what items to include in your emergency kit, visit the preparedness section of the Fairfax County Community Emergency Response Guide.

Emergency Kit Checklist: [Fairfax County Community Emergency Response Guide](#)

### 9/11 Day of Service Volunteer Opportunity with OEM



This September 11<sup>th</sup>, Patriot Day, marks the 20<sup>th</sup> anniversary of the 9/11 attacks. September 11<sup>th</sup> is annually recognized as "National Day of Service and Remembrance". Help us turn 9/11 into a global day of doing good.

Join our volunteer opportunity to help generate 20 million "good needs" for the 20<sup>th</sup> Anniversary of 9/11. The Office of Emergency Management (OEM) will host a volunteer project through [Volunteer Fairfax's VolunteerFest](#). Volunteers will sign up and attend a 1-hour seminar and then volunteer to build their own emergency kit. [CLICK HERE](#) to sign up.

## FAIRFAX COUNTY EMERGENCY KIT CHECKLIST

### Make a Kit - How to Assemble an Emergency Kit

- Make several kits - shelter-in-place/go-bag/vehicle/work
- Have at least three days of supplies in case of an emergency
- Have copies of your family's vital records: identification, proof of residency, insurance, medical and financial information
- Keep electronic devices charged and have backup chargers available for electronic devices
- Maintain your kit every 6 months

### Items for your Basic Emergency Kit

- Water/Canned Food/Can Opener/Snacks
- Personal Hygiene Products
- Trash Bags/Gloves/Tools
- Battery Powered Weather Radio/Batteries
- Blankets
- First Aid Kit/Protective Mask
- Medication/Glasses/Contacts
- Backpack
- Important Documents for your Family
- Family Contact List
- Map of Surrounding Area
- Solar Device Charger
- Flashlight
- Map of Surrounding Area
- Paper/Pen
- Tissues/Anti-bacterial Wipes/Hand Sanitizer

### Infant/Toddler

- Formula/Bottles/Pacifiers
- Food/Snacks/Baby Food
- Utensils/Bowls/Sippy Cup
- Diapers/Wipes/Diaper Cream
- Medication
- Clothes/Socks/Blankets
- Activities/Toys
- Baby Carrier/Stroller

### Pre-K/School Aged

- Milk/Juice/Food/Snacks/Baby Food
- Utensils/Bowls/Sippy Cup
- Medication
- Clothes/Socks/Blankets
- Toys/Stuffed Animal/ Books/Games

### Individuals with Special Needs

- Assistive Technology/ Instructions
- Backup Medical Equipment
- Health Info/Medication
- Caregiver Information

### Pets and Service Animals

- Tags/Leash/Carrier
- Medication/Vet Records/Vet Contact Info
- Pictures of Pet
- Water/Food/Snacks
- Toys/ Blankets

### Vehicle Kit

- Basic Emergency Kit Items
- Jumper Cables/Tools/Flashlight
- Flares/Ice Scraper
- Car Charger
- Maps/First Aid Kit
- Poncho/Blanket/Handwarmers