



Public Health Brief

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September is National Preparedness Month

Prepare Your Health: Personal Needs

September is National Preparedness Month, when all are encouraged to focus on preparing for emergencies, including making plans to protect their health. Be prepared by creating a community. Simple things, such as getting to know your neighbors and finding out who might need help in a disaster, learning practical preparedness skills, and assisting others in an emergency, can help create community.

Personal needs include provisions, supplies, and equipment necessary to protect the health and safety of your family in an emergency. There are many reasons to prepare your health for an emergency. They start with your family and friends and extend to your neighbors and community at large. But [most Americans do not have supplies set aside or plans in place](#) to protect themselves or their family's health and safety in the event of a [natural disaster](#), a [power outage](#), or a [flu pandemic](#).

The good news is that it is never too late to prepare for a public health emergency. You can take actions, make healthy choices, and download free resources to help you prepare for, adapt to, and cope with adversity.

Learn how to prepare for, respond to, and recover from emergencies then share what you've learned with others to help build more resilient communities.



Public Health

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

The Basics

- [Water](#)
- [Nonperishable and ready-to-eat food](#), including special foods—such as nutrition drinks and ready-to-feed formula—for [infants](#), people with dietary restrictions, food sensitivities and allergies, and medical conditions such as [diabetes](#).
- Prescription eyeglasses, [contact lenses](#), and contact lens solution.
- [Assistive technologies](#), such as hearing aids and picture boards.
- Medical alert identification bracelet or necklace
- Health protection supplies, including [insect repellent](#), water purification tablets, and sunscreen.
- A change of clothes
- [Medical equipment](#), including:
 - Canes, crutches, walkers, and wheelchairs
 - Nebulizers
 - Oxygen equipment
 - Blood sugar monitors
- Medical supplies, including:
 - Antibacterial wipes
 - Catheters
 - Syringes
 - Nasal cannulas
 - Blood test strips
- First aid supplies, including:
 - [First aid](#)
 - Non-latex gloves
 - Digital thermometer
 - Waterproof bandages and gauze
 - Tweezers and scissors
 - A [Stop the Bleed](#) kit, including a tourniquet
- Sanitation and hygiene items, including:
 - Soap
 - Hand sanitizer
 - Sanitizing wipes
 - Garbage bags and plastic ties
 - Toilet paper
 - Feminine hygiene supplies
- [Pet supplies](#)
- [Childcare supplies](#)
- [Baby supplies](#)



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Quick Tips

- Be ready to evacuate at a moment's notice. Pack emergency supplies in a portable and durable container(s), such as plastic bin, duffle bag, backpack, a trash can with a lid, and/or carry-on luggage.
- Shop for canned (not jarred) foods. Undamaged, commercially-prepared foods in all-metal cans or retort pouches can be saved if you remove the labels, thoroughly wash the cans, rinse them, and then disinfect them with a sanitizing solution of 1 cup (8 oz/240 mL) of unscented household chlorine bleach in 5 gallons of clean water.
- 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 any food and water, prescription medications, and supplies before they expire.
- Kids like to help. Use *Ready Wrigley* [checklists](#) and [activity books](#) to help explain emergency preparedness to children and involve them in gathering supplies.

Resources

- [Family Emergency Kit Checklist](#)
- [Emergency Preparedness: Including People with Disabilities](#)
- [Emergency Kit Checklist for Kids and Families](#)
- [Emergency Kit Checklist for Families with Children and Youth with Special Healthcare Needs](#)
- [Pet Disaster Kit Checklist](#)
- [Food and Water Needs: Preparing for a Disaster or Emergency](#)



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