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## GET YOUR DISASTER KITS READY BEFORE AN EMERGENCY



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**Ft. Walton Beach, Fla.** — The Florida Department of Health in Okaloosa County (DOH-Okaloosa) wants residents to know the importance preparing a family disaster kit or “go-kit” before a hurricane or storm. Your kit should include some of the basic supplies that will keep your family safe and healthy for at least 72 hours. It is also important to place them in a portable container so that you can comfortably carry them in case disaster strikes. Your kit should be placed in an easily accessible place where each family member can reach it.

Some items that you will want to include are:

- Water—At least 1 gallon daily per person. You should try to store 3 to 7 days worth
- Food—Enough for 3 to 7 days
  - Nonperishable food like canned foods
  - Food for infants like baby formula and food for elderly as well
  - High energy foods like protein bars with long shelf life
  - Non electric can opener
  - Cooking tools including means of fuel like Sterno for heating foods
  - Plates and utensils
  - Pet food if applicable
- First Aid Kit
- Medicine/Prescriptions
- Toiletries
- Suitable Clothing—seasonal, rain gear, proper shoes like boots
- Flashlights—with batteries or able to be charged by hand crank
- Radio—with batteries or able to be charged by hand crank and include NOAA weather radio
- Remember the kids—infant formula, diapers, toys, books, games, puzzles or other activities for children
- Pet care items
- Disaster Supply Tools—utility knife, whistle, pencil, map compass, thread, needles, signal flare, tape, shut—off wrench, eyewear, thermal blankets
- Important Items—to be stored in a waterproof container
  - Medical records, bank account numbers, social security card, insurance information, telephone of important numbers, cash in case bank ATMs are down, cell phone charger

For more information, please visit [www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/build-a-kit/index.html](http://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/build-a-kit/index.html) or [www.HealthyOkaloosa.com](http://www.HealthyOkaloosa.com)

DOH-Okaloosa is observing September as National Preparedness Month in order to remind residents on easy ways to keep their families safe during emergencies. DOH-Okaloosa will be releasing weekly messaging to media outlets and community partners to help spread the word on how families can better prepare for the possible emergencies and disasters in Okaloosa County.

The overall theme of the month is Preparedness Ready means a healthy plan for yourself, the family, kids and pets too! It's that simple!

The following is the schedule of press releases and topics:

- Week 1—Personal Preparedness
- Week 2—Education and Training
- Week 3—Emergency Preparedness Kits
- Week 4—Prepar-a-thon/Know Your Local Risks
- Week 5—Are you prepared?

For previous DOH-Okaloosa National Preparedness Month press releases, please visit <http://okaloosa.floridahealth.gov/newsroom/index.html>

#### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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