



Why should you prepare ?

No matter where you live, there is the possibility of some kind of disaster. Whether it is earthquakes, floods, hurricanes, tornadoes, wildfires, mudslides or the risk of a nuclear or chemical accident, you need to be prepared.

Nexis Preparedness Systems is here to help you prepare and has put together this **Emergency Preparedness Guide & Checklist** to help you on the path to getting prepared. Getting prepared is a “*continuous project*” and we recommend you read though the lists below and start your journey to preparedness today!

RESEARCH WHERE YOU LIVE - What disasters are your region susceptible to?

Not all regions of the United States are susceptible to the same types of disasters, and not every disaster is prepared for the same way. Research where you live and think about the supplies you will need to prepare for those specific types of emergencies. Is your area susceptible to:

- | | | |
|--------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Earthquakes | <input type="checkbox"/> Tsunamis | <input type="checkbox"/> Blackouts / Power Outages |
| <input type="checkbox"/> Hurricanes | <input type="checkbox"/> Wildfires | <input type="checkbox"/> Blizzards / Winter Storms |
| <input type="checkbox"/> Tornadoes | <input type="checkbox"/> Landslides | <input type="checkbox"/> Thunderstorms |
| <input type="checkbox"/> Floods | <input type="checkbox"/> Volcanoes | <input type="checkbox"/> Extreme Heat / Drought |

Learn more about different types of disasters with Nexis’ [Disaster Preparedness Guides](#).

EMERGENCY KITS

Enter the number of people in your family that live at home:

In the aftermath of a disaster, stores may be closed for several days to weeks in your area due to damage and power outages. Roads may be unsafe to travel. **FEMA** and the **Red Cross** strongly encourage that every home have emergency supplies on hand. Most emergency kits on the market are a great start to preparedness, but are not the complete answer specific to your family’s needs and situation.

- Purchase a new [Home Preparedness Kit](#).
- Update / check your pre-existing Home Preparedness Kit replacing expired and missing items.
 - Replenish any expired items in your kit.
 - Have you had new additions to your family since you purchased you emergency kit?

Enter the number of vehicles you use regularly:

You never know when a disaster might happen and you do not know where you will be when it does happen. Are you at the store, at work or taking your kids to school? It’s important to keep an emergency kit and supplies in every vehicle you use on a regular basis. Here is a list of [emergency supplies](#) that you should think about keeping in your vehicles:

- | | | |
|-------------------------|-----------------------------|-------------------------|
| • Vehicle Emergency Kit | • Flashlight with Batteries | • Auto Emergency Tool |
| • Jumper Cables | • Old Jacket / Sweatshirt | • Emergency Road Flares |
| • Blankets | • Socks | • Reflective Triangle |
| • Ice Window Scrapper | • Old Pair of Walking Shoes | • Cash |

How many days do you need to be prepared for?

FEMA used to recommend that everyone should have 3 days of emergency supplies stored, but we saw in Hurricane Katrina and Hurricane Sandy that many people did not receive government aid for more than a week. Experts indicate that you should prepare for between 7-14 days depending on the region you live in and what disasters your area of the country is susceptible to.

EMERGENCY WATER - Do you have a gallon of emergency water for each person in your family per day?

After many disasters, such as an earthquake, water lines and running water will most likely be nonfunctional or unsafe to drink due to contamination. Aside from air, water is the most important necessity to basic human survival. **FEMA** and the **Red Cross** both state that every person needs a minimum of ½ a gallon of clean drinking water and ½ a gallon of clean water for sanitation per day.

For drinking water, **Nexis Preparedness Systems** recommends purchasing the [5-year shelf life water](#) that is packaged for long term water storage. Bottled water that you can purchase at any store will also work, but make sure you are rotating it every 6 months because bottled water can degrade based on storage conditions. We recommend that you purchase a [long term water storage drum](#) for sanitation and hygiene water.

How much water do I need for myself and my family?

Number of Family Members x Number of Days = Gallons of Water Needed

EMERGENCY FOOD - Do you have enough food to feed you family in an emergency?

If all stores are closed, how do you plan on providing food for your family in the aftermath of a disaster? All our emergency kits come with 5-year shelf life **U.S. Coast Guard SOLAS** approved [food ration bars](#). They are individually packaged into 400-calorie portions and have the taste and consistency of a sugar cookie. With a non-thirst provoking recipe, they are specifically designed for disaster scenarios. Also make sure you have enough calories of food on hand for survival. The average male needs around 2000 calories and the average female needs around 1600 calories per day for basic sustenance. Consider having more than 2400 calories per day of these emergency foods and [cooking preparation](#) supplies stored for an emergency:

- 5-Year Shelf Life Rations
- Freeze-Dried Food Meals
- Portable Stove
- Canned Food / Can Opener
- Plates / Utensils / Pots
- Propane Canisters / Lighter

FIRST AID KITS & SUPPLIES

Every home should have a [basic first aid kit](#). From small everyday scrapes and bruises to minor medical emergencies, first aid kits are an absolute must to have on hand.

- Purchased a new first aid kit.
- Checked your pre-existing first aid kit for expired and missing items.
- Replaced expired or missing items.

EMERGENCY RADIOS & COMMUNICATION

An [emergency radio](#) will allow you to listen to emergency broadcasts and find out what is happening, allowing you to stay informed of local and national emergency directions and instructions.

Make sure you have extra batteries stored or purchase a non-battery crank or solar powered radio. In regions of the country where weather related disaster occur, make sure you purchase a radio with NOAA frequency and alerts.

- Dynamo / Solar Powered Radio
- NOAA Alert Radio
- List of Emergency Broadcast Frequencies
- 2-Way Communication Radios
- Extra Batteries

EMERGENCY LIGHTING - What if your electricity is out for days or weeks?

What if you are forced to evacuate or camp out on your property without access to power? [Emergency lighting](#) will not only give you a sense of security and safety, but will cut down on possible injuries from moving around in the dark. Make sure you have extra batteries stored for disaster situations. Consider having some of these emergency lighting supplies on hand:

- Lanterns
- Flashlights
- Extra Batteries
- Glow Sticks
- Candles
- Matches
- Power Failure Lights
- Generators
- Gas / Fuel Stabilizer

EMERGENCY SANITATION - What if your home is uninhabitable or the plumbing is non-functional?

Where will you use the facilities and how will you maintain sanitary conditions? If your home is destroyed, you may have to camp outside or with neighbors until rescue arrives to offer you a better situation. Consider having these [emergency sanitation](#) supplies on hand to maintain sanitary conditions in a disaster:

- Portable Toilet
- Toilet Bags
- Toilet Deodorant Chemicals
- Toilet Solidifying Chemicals
- Toilet Paper
- Privacy Shelter
- Personal Hygiene Items
- Trash Bags
- Moist Towelettes
- Feminine Supplies

EMERGENCY SHELTER & WARMTH

If your home is uninhabitable, or you are forced to relocate by first responders, have you prepared the proper equipment for sheltering for days and maybe weeks? Consider having these [emergency shelter](#) supplies in your emergency cache:

- Tents
- Sleeping Bags
- Pillows
- Cots
- Blankets
- Ponchos / Rain Gear
- Extra Clothes
- Propane Heater

OTHER USEFUL PREPAREDNESS SUPPLIES

Here is a suggested list of [other emergency items](#) you might want to think about storing in case of an emergency:

- Gas Shut Off Wrench
- Survival Knife / Multi-Function Tool
- Local Maps
- Fire Extinguishers, ABC Rated
- Plastic Sheeting
- Duct Tape
- Copies of Important Family Documents
(store in a waterproof zip top bag)
- Infant Formula / Diapers
- Prescription Medications and Glasses
- Pet Food *(only if you have pets)*
- Signal Whistle
- Dust Masks
- Sunscreen
- Household Chlorine Bleach *(diluted)*

STORAGE - Where should you store your emergency supplies?

The best place to store your emergency supplies is outside your home in a secure tool shed or out building; however this is not possible in every home. If you keep your supplies in your garage, make sure they are close to an entry way because your garage is usually the first room to collapse if there is structural damage to the house. Also, many supplies like water and long-term shelf life food should be stored between 50°-65°.

Every home is different and you may need to come up with a plan to meet your storage needs. Also, make sure everyone in the home knows where the emergency supplies are and are trained on how to use them!