

# PREPARE YOUR HEALTH: PERSONAL NEEDS

Personal needs include provisions, supplies, and equipment necessary to protect the health and safety of your family in an emergency.



## THE BASICS:

- Water
- Special foods—for infants, people with dietary restrictions and medical conditions such as diabetes.
- Prescription eyeglasses, contact lenses, and contact lens solution.
- Assistive technologies, like hearing aids.
- Medical alert ID bracelet or necklace
- Health protection supplies, including insect repellent, and water purification tablets.
- Medical equipment
- First aid kit and medical supplies
- Pet supplies, childcare supplies, and baby supplies

## ARE YOU RESILIENT?

Resilience is a person's ability to bounce back from a difficult or life-changing event. People are more resilient and better able to withstand, adapt to, and recover from adversity when they make healthy choices, including the decision to prepare for emergencies.

## QUICK TIPS:

- Pack emergency supplies in a portable and durable container like **plastic bin, duffle bag, backpack, or carry-on luggage.**
- Shop for **canned (not jarred) foods.** Undamaged, commercially-prepared foods in all-metal cans can be saved if you remove the labels, thoroughly wash the cans, rinse them, and then disinfect them with a sanitizing solution.
- 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 food and water, medications, and supplies before they expire.
- Use **Ready Wrigley checklists and activity books to help explain** emergency preparedness to children and involve them in gathering supplies.