



Supplies for a Disaster Kit

In a severe disaster situation, people will be expected to provide for their own survival needs for up to 72 hours. Parents depend on their child care providers to keep their children safe, even in a disaster. Child cares need to have supplies for each child, staff member, and volunteer at their site.

Storing Supplies

Supplies need to be accessible in the event of an emergency. It is often best to have a few essential supplies in a backpack or duffel bag near the door. A little food and water, a small first aid kit, a few diapers or extra clothes, a small flashlight, and anything else that you may need to survive a few hours. Take this small kit outside with you during each fire drill.

The bulk of your supplies should be stored in a watertight container, such as a plastic bin or a garbage can. This could be kept near an outside door or in an outdoor shed.



Suggested Items for your Main Disaster Preparedness Kit

These are items you may wish to have in your main disaster preparedness kit.

- Blankets
- Batteries
- Bleach, unscented
- Books or games
- Bucket
- Can opener (manual)
- Crowbar
- Disaster Plan (copy)
- Disposable diapers/wipes
- First aid kit for disasters
- Emergency information cards for children
- Flashlights
- Food (3 day supply)
- Gloves (heavy material/leather)
- Hand sanitizer
- Lighter or matches
- Money, change and small bills
- Office supplies (pen, paper, tape)
- Paper towels
- Paper plates/cups and plastic utensils
- Pet supplies (if needed)
- PineSol or similar product
- Plastic garbage bags (large for ponchos)
- Plastic garbage bags (medium for toilet)
- Pliers
- Radio
- Soap
- Tarp or tent
- Toilet paper
- Water (3 day supply)
- Whistle



You can get additional information on disaster preparedness for child care facilities and find model disaster plans for home or center-based child care programs on our website at

www.snohd.org/SHD_CH.



Disaster Kits

Putting Together a Child Care Disaster Kit

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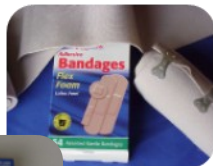
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Disaster First Aid Kit

You should have a separate first aid kit in your disaster preparedness kit. This first aid kit will contain some items not routinely found in the first aid kit you have put together for your child care.

- Adhesive bandages
- Acetaminophen (children's) – to be administered **ONLY** in the event of a serious disaster when no emergency services are available
- Alcohol wipes
- Bandages (roller gauze, elastic)
- Butterfly adhesive strips
- Cotton balls
- Emergency medications or equipment for children or staff with special needs
- Eye drops (saline)
- First aid book
- Gauze dressing
- Gloves, disposable (non latex are best)
- Pocket CPR mask
- Safety pins
- Sanitary napkins – can also be used as compresses
- Scissors
- Splints
- Tape, 2" non-allergenic
- Tissue
- Thermometer (digital) and covers
- Tweezers



Comfort Kits

You may want to have small comfort kits for each child. Many disaster supply companies sell pre-made kits. Alternately, you can give each parent a gallon size Ziploc and the following list:

- Wool socks
- Hat
- Photo/letter from home
- Small toy or book
- Mylar (space) blanket
- 3 day supply of prescription medications or a copy of the prescription including dosage
- Granola bar
- Bottle of water

Car Kits

You never know when a disaster may strike. Have emergency supplies in your car along with a first aid kit. Consider including the following items:

- Flashlight
- Batteries
- Non perishable food
- Bottled water
- Blanket
- Comfortable walking shoes
- Flares
- Booster cables
- Small fire extinguisher



Food and Water for Disasters

It is essential to have a three-day food and water supply for your child care. Make sure you include both children and staff in your head counts. Keep all emergency food and water in a safe place where it won't be contaminated by chemicals or other hazardous materials.

Water

Allow a minimum of 1 gallon per person per day. Store your water in a cool place. Put some in your freezer if you have space, where it can help to keep food cold in a power outage.

If you choose to collect your own water, make sure it comes from a safe source and is stored in bottles previously used for beverages only. Wash, rinse, and sanitize all bottles. Do not use old milk jugs. Replace water you bottle yourself every 6 months. If you purchase water already bottled, replace it before the use-by-date.

In an emergency, if water must be treated, boiling is the best way to kill bacteria and parasites. If bleach is used to treat the water, add 10 drops per gallon for clear water and 20 drops per gallon for cloudy water. Use only unscented, 5% or 6% liquid chlorine bleach. Allow the bleach treated water to sit for 30 minutes before using it. Be aware that bleach may not destroy all the disease causing organisms.

Your hot water heater is a great source of water in an emergency. Make sure you know how to shut off the intake and outlet to trap the water in it and prevent contaminants from getting inside. It is also a good idea to flush your water heater annually. Check with your manufacturer's recommendation. Make sure it is strapped to wall studs to prevent tipping over. Don't rely on the water heater as your only source of water.

Food

Choose a variety of non-perishable foods that require little or no preparation. Rotate food items every 6 months. Try to select items that the children like to eat and ones low in sugar and salt. Some ideas include:

- Commercially canned or processed foods, ready-to-eat meats, fish, pastas, fruit, and vegetables
- Canned evaporated or powdered milk
- Crackers, granola bars, energy bars, trail mixes, and cereals
- Freeze-dried foods, salmon/beef jerky, dried fruit, such as for camping
- Peanut or nut butter (provided no one is allergic)
- A personal energy booster such as a candy bar, instant coffee, hard candies, or tea bags
- Infant formula for babies or other special foods for people with specific dietary needs

