

All Hazards Checklist for Disaster Preparedness

√	General Preparation – Create Your Plan
	Obtain a 3-ring binder to organize all your printed disaster / all hazards references and resources.
	Visit the following webpages and print the PDF documents or web page contents and place in your 3-ring binder for reference during an emergency – you may not be able to access them electronically in an emergency / disaster.
	The National Weather Service All Hazards Webpage: http://www.weather.gov/safety/
	The CDC All Hazards Approach to Disasters: http://www.weather.gov/safety/ Downloadable PDF.
	CDC Emergency Preparedness and Response Webpage: https://emergency.cdc.gov/preparedness/kit/disasters/ Has a great information on gathering an Emergency Supply Kit as well as other helpful links
	The CDC All Hazards Approach to Disasters: http://www.weather.gov/safety/ Downloadable PDF.
	Ready.Gov – Department of Homeland Security: Building an Emergency Kit: https://www.ready.gov/build-a-kit Includes information on assembling a basic disaster supplies kit as well as links to additional helpful resources.
	FEMA Emergency Supply List Check Sheet: https://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf Downloadable PDF.
	Disaster Assistance.gov has resources for which areas are declared disasters, tracking disasters of all types: https://www.disasterassistance.gov/
Hurricane Specific Preparedness Resources	
	FEMA: How to Prepare for a Hurricane: https://www.fema.gov/media-library-data/1494007144395-b0e215ae1ba6ac1b556f084e190e5862/FEMA_2017_Hurricane_HTP_FINAL.pdf Downloadable PDF
	National Weather Service – Hurricane Resources Page: http://www.nws.noaa.gov/om/hurricane/index.shtml
	National Weather Service / NOAA Planning for a Hurricane: http://www.nws.noaa.gov/om/hurricane/plan.shtml
	Ready.Gov – Department of Homeland Security: Hurricanes: https://www.ready.gov/hurricanes
	National Weather Service / NOAA – Hurricane Brochure: http://www.nws.noaa.gov/om/hurricane/resources/hurricane-brochure17.pdf Downloadable PDF.

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	American Red Cross Hurricane Safety Checklist: https://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340160_Hurricane.pdf Downloadable PDF.
	NCDOT Evacuation Information: https://www.ncdot.gov/travel/evacuationmaps/
Communications	
	Turn on your cell phone emergency alert app.
	Subscribe to Campbell University Alerts: https://www.e2campus.net/my/campbell/signup.htm
	Access the CU emergency hotline for up-to-date information: 910-814-5700 / 1-800-760-8980
	Check CUSOM social media on Facebook, Twitter and Instagram for updates on CUSOM status including clinical rotation sites.
	Sign up for the FEMA Mobile App: https://www.fema.gov/mobile-app
	Sign up for the Ready NC App : https://readync.org Includes information such as road closures and shelter locations for anywhere in North Carolina
	Create an Emergency Communication Plan: https://www.fema.gov/media-library-data/1440449346150-1ff18127345615d8b7e1effb4752b668/Family_Comm_Plan_508_20150820.pdf Downloadable PDF.
	Secure a battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
	Charge all cellphones and any spare power packs or charging banks.
	Charge all laptops and tablets.
	Review FEMA information regarding Emergency Alerts: https://www.ready.gov/alerts . Print off the website information and place in your Emergency / All Hazards folder.
	Store important emergency contact numbers in your phone (utilities etc.).
	Share evacuation plans with family & friends so they know where you will be.
Food and Water	
	Water—at least a 3-day supply; one gallon per person per day.
	Don't forget to add additional water for mixing formula if you have children and for your pets. Rotate the drinking water each year.
	Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food and is not as vulnerable to temperature changes as unsealed water.
	Store extra containers of water to be used for flushing toilets, cleaning, and bathing.
	Run ice makers well in advance of a hurricane and bag the ice. Fill the space between your freezer items as much as you can. A full freezer will stay cooler longer.
	Purchase water purification tablets (Halazone) to be used if you still have running water but are told to boil water before using it. This allows you to fill the bathtub and other containers without purchasing expensive drinking water.
	Print off information on water preparedness and place in your Emergency / All Hazards Folder: https://www.ready.gov/water
	Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops

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	of regular household liquid bleach per gallon of water. Do not use scented or color safe bleach or bleaches with added cleaners.
	Food – non-perishable, easy to prepare items (for each person, assemble a three-day supply for evacuation, two week supply for home). For an example non-perishable food-list, see https://www.cdc.gov/phpr/documents/ahpg_final_march_2013.pdf Also see a list of non-perishable food at the end of this document.
	Visit the CDC: Emergency Food Supplies Website at https://emergency.cdc.gov/preparedness/kit/food/index.asp and print a copy to add to your Emergency / All Hazards Folder.
	Gatorade or Pedialyte for rehydration.
Tools and Supplies	
	Fill all vehicle gas tanks.
	Flashlights and lanterns – newer LED models have much better lighting capability and extended battery life
	Extra batteries for flashlights and other important devices (including smoke and carbon monoxide detectors)
	Candles and matches in a waterproof container. NOTE: due to the risk of fire, battery powered lanterns and flashlights should be used instead of candles whenever possible
	Extra cash (enough to sustain you for a 2-week period). Access ATMs well in advance of any approaching storm.
	Multi-purpose tool with tools such as screwdrivers, saws, knife, pliers, can opener etc.
	Tools/supplies for securing your home (tarps, roofing nails, screws, duct tape, plywood etc.). Hammer, handsaw, razor knife, screwdriver.
	Bucket, mop, broom, cleaning solution
	Extra set of car keys and house keys
	Camera for photos of damage
	Whistle
	Maps of the local area
	Manual can opener
	Paper cups, plates and plastic utensils
	Paper towels
	Plastic garbage bags
	Aluminum foil
	Household bleach (do not use scented, color safe bleach, or bleaches with added cleaners)
	Fire extinguisher
	Dust mask
	Wrench or pliers to turn off utilities
	Sleeping bag or warm blanket for each person; pillows
	Pencil and paper
	Rain gear
	Hat
	Sunglasses

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	Sturdy shoes / boots
	Insect repellent and sunscreen
	Propane if you have a gas grill
	Extra clothes
	Fill your car gas tank
Health and Personal Hygiene Supplies	
	7 day supply of all prescription medicines (and necessary over the counter medicines)
	First Aid Kit – see below for list of recommended supplies
	Soap, including waterless soap
	Toothbrush and toothpaste
	Contact lenses and solution; Glasses
	Baby wipes / moist towelettes for personal hygiene
	Feminine hygiene supplies
	Toilet paper
	Other personal hygiene supplies (shampoo, deodorant etc.)
Others / Miscellaneous	
	Copies of important documents such as identification, insurance cards and policies, passports, birth certificates, immunization records, bank accounts etc. ideally in a waterproof container
	Paperwork regarding any serious or on-going medical condition
	Games, books, cards
Behavioral Health Resources	
	Substance Abuse and Mental Health Services Administration (SAMHSA) – Disaster App: https://www.store.samhsa.gov/apps/disaster/index.html?WT.mc_id=WB_20131219_DISASTERAPP_400x225
	SAMHSA Publications and Resources on Disaster Preparedness, Response & Recovery: https://www.samhsa.gov/disaster-preparedness/publications-resources
For Pets	
	Food and water: A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days. Bowls or bottles. Manual can opener
	Cleaning Supplies: Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach
	Health and Safety: Medicines and medical records stored in a waterproof container. First aid kit with a pet first aid book

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	Transport supplies: A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.
	Comfort Items: Pet toys and bed
	Paperwork: Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them. °Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.
For Children	
	Baby supplies like bottles, formula, baby food, and diapers
	Games and activities for children
	Medical and immunization records, birth certificates etc.
	Any required medications – at least a 1 week supply
Home Preparation for Those Not Evacuating	
	Ensure you have enough food, water, medications, and other supplies in your survival kit to last at least 2 weeks.
	Fill all vehicle gas tanks.
	Turn refrigerator to coldest setting and keep closed.
	Turn off propane tanks.
	Unplug small appliances.
	Fill bathtub and other containers with water for cleaning and flushing. Clean / sanitize at least one bathtub & fill with water 24-hours before the storm hits. Make sure your tub will hold water through a storm by filling it with about 2 inches of water and checking on it after a couple of hours. If the water is lower, replace your stopper and try again.
	If possible, cover all windows and other openings with hardened protections. If you do not have manufactured shutters, cut plywood and secure to protect the windows.
	Close all interior doors and brace outer doors.
	Select an interior room to use as a safe room.
	Plan as though you were evacuating and have enough cash on hand to sustain purchasing of gas, food, and other supplies in the days following the storm.
	If you have a generator, ensure you have enough gas on hand to sustain usage for several days.

	Store family heirlooms & photos in plastic bins in a high place, second floor, attic, or safe room if you can't take them with you.
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Non-perishable Food:

- Maintain at least 3-7 days of food for each member of the family.
- Small, preferably single serving cans (should not require cooking or refrigeration). Dried fruit, peanut butter and jelly, coffee, tea, soft drinks and pet foods.
- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples – sugar, salt, pepper in water proof containers.
- High energy foods like crackers, granola bars, trail mix.
- Raw vegetables that do not need refrigeration.
- Fresh bread.
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- Sterno for cooking.
- Food for infants

First Aid Kit Contents - minimal

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Aspirin and ibuprofen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First aid instruction booklet
- Triangular bandages
- Safety pins
- Tweezers
- Scissors
- Acetaminophen
- Antihistamine

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