

EMERGENCY KIT

BY: TANIA MANGUAL-MONZÓN, MS

Preparing your emergency kit can become a confusing activity. It is important for each family to prepare for any emergency with supplies so that they can stay home, move to a shelter, or a relative's home. The emergency kit must be prepared to aid in survival for a minimum of three days to a week, after an emergency has occurred, and must have items for each member of the family including pets and the elderly.

The American Red Cross Puerto Rico Chapter recommends having two kits. A stay-at-home kit (which includes everything you need for two weeks) and a second kit that is a smaller version for quick loading and leaving home with three-day supplies. In the following link access the detailed list.

<https://www.redcross.org/about-us/news-and-events/news/2019/national-preparedness-month-how-to-build-your-emergency-kit.html>

Unfortunately, it is not possible to know when an emergency will occur, for this reason, the Department of Homeland Security suggests having 3 emergency kits ready in three different places. One kit at home, one in the car, and one at the workplace. For more information on the items that should go in your emergency kit, access the list of the Department of Homeland Security at

<https://www.ready.gov/es/kit>.

REMEMBER

- Take time to review the stored supplies, they must be renewed every 6 months.
- Keep copies of personal and financial documents in a safe place in the cloud and/or keep copies in plastic bags.
- Check the property's insurance policy.
- Inspect property and clean roof drains.
- Prepare a photographic or video inventory before the emergency.
- Know if your residence is in a flooded area and the evacuation plan.
- Prepare a list of the most important contacts numbers.
- Practice a drill of the steps to take during and after an emergency.
- Make time to get the COVID-19 and flu vaccines when the season arrives.

STAYING INFORMED ALLOWS YOU TO PREPARE ON TIME, REDUCE RISK, AND SAVE LIVES.



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References:

American Red Cross

<https://www.redcross.org/local/puerto-rico/conocenos/noticias-y-eventos/comunicados-de-prensa/cuantas-mochilas-debes-prepar>

Department of Homeland Security

<https://www.ready.gov/es>