

## Be Prepared: A Severe Weather Checklist

Preparing for the aftermath of a storm can be the most overlooked aspect of severe weather safety.

An after-storm power outage can plunge your home and community into darkness, causing problems that can range from the inconvenient to the life threatening. While you can avoid some of these problems with a whole house propane generator, it's still best to know what to keep on-hand to ensure your family's safety.

- **Here is a checklist of some of the most important and commonly used items you'll need to have ready when severe weather strikes:**

- Water - one gallon of water per person per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- A manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

- **A First Aid Kit that includes:**

- Two pairs of Latex (or other sterile gloves if you are allergic to Latex)
- Sterile dressings
- Cleansing agent/soap
- Antibiotic towelettes
- Antibiotic and burn ointments
- Adhesive bandages in a variety of sizes
- Eye wash solution
- Thermometer
- Any prescription medications, including insulin, heart medicine and asthma inhalers.
- Medical equipment such as glucose and blood pressure monitoring equipment and supplies
- Non-prescription drugs - aspirin or non-aspirin pain reliever, anti-diarrhea medication, antacid, laxative
- Other first aid items such as scissors, tweezers, and petroleum jelly