

Stand-up Talk

**SAFETY
DEPENDS
ON ME!**

Hurricane Preparedness – Emergency Kits ID 2113

The time to prepare for a hurricane is well in advance, before you hear the warnings from your local media. Be sure to inventory your emergency supply kit.

The Employee Assistance Program (EAP) -- a postal benefit provided through a contractual agreement with Magellan Health Services -- has an extensive hurricane preparedness checklist.

Keep items in an airtight bag and put your disaster supply kits into one or two easy-to-carry containers such as a plastic box with lid and handle, a duffel bag, or a backpack. Update your kit each year and rethink your needs at that time.

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| <ul style="list-style-type: none"><input type="checkbox"/> Food and water<ul style="list-style-type: none"><input type="checkbox"/> Manual can opener<input type="checkbox"/> Utensils<input type="checkbox"/> First Aid Kit<input type="checkbox"/> Flashlight<input type="checkbox"/> Battery-operated Radio<input type="checkbox"/> Batteries – AAA, AA, C, D, other<input type="checkbox"/> Cash in small denominations and coins<input type="checkbox"/> Unscented liquid household bleach (for water purification)<input type="checkbox"/> Personal hygiene articles: toilet paper, wipes, soap, feminine supplies<input type="checkbox"/> Sturdy shoes<input type="checkbox"/> Heavy gloves<input type="checkbox"/> Warm clothes, a hat, rain gear<input type="checkbox"/> Plastic sheeting, duct tape, utility knife (for covering broken windows) | <ul style="list-style-type: none"><input type="checkbox"/> Tools, pliers, a shut-off wrench (for turning off utilities, if needed)<input type="checkbox"/> Blanket or sleeping bag<input type="checkbox"/> Extra keys to your house or vehicle<input type="checkbox"/> Paper towels, aluminum foil<input type="checkbox"/> Fire extinguisher<input type="checkbox"/> Paper, pencils, pens<input type="checkbox"/> Various sizes of plastic bags for waste and sanitation<input type="checkbox"/> Tent or tarp for shelter<input type="checkbox"/> Matches in a waterproof container<input type="checkbox"/> Plastic storage container<input type="checkbox"/> Signal flare<input type="checkbox"/> Needles and thread<input type="checkbox"/> A local map |
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Additional information on how to cope with any disaster, including a hurricane, is available at www.eap4you.com.

Always remember: Safety Depends on Me!