Personal Preparedness Planning For Public Health Workers

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Assembling An Emergency Kit

Part 1 of 3
Food and Water Supplies

- **Water: 1 gallon/person/day**
  - 3- to 7-day supply recommended
  - Store in sealed, unbreakable containers
  - Note storage date and replace every 6 months
Food and Water Supplies

**Food**

- Non-perishable food
- 3- to 7-day supply
- Maintain caloric intake
- Minimize preparation
- Manual can opener
- Maintain sanitation, use fresh water for cooking
Shelter and Clothing

- **Shelter**
  - Use blankets/sleeping bags for warmth
  - Pillow
  - Small candle
  - Waterproof matches

- **Clothing**
  - Change of clothes
  - Comfortable shoes, socks
  - Layers of clothes for comfort
  - Raincoat/poncho
  - Hat
Basic Supplies and Personal Hygiene

- **Basic supplies**
  - Personal medications (at least 3 days supply)
  - Battery-powered flashlight
  - Spare batteries
  - Pan for cooking
  - Communication/ battery-powered radio
  - First aid kit
  - Map
  - Knife/utensils
Basic Supplies and Personal Hygiene

- Personal hygiene
  - Bathroom tissue
  - Deodorant
  - Feminine hygiene
  - Soap
  - Hand-washing materials
  - Sunscreen
Other Key Items

- Cash and credit cards
- Personal Identification
- Extra set of car keys
- Extra eyeglasses, contact lenses
- Scissors
- Duct-tape/heavy-duty garbage bags
Additional Considerations

- Should also strongly consider bringing a disaster supply kit to work or leaving one in your car