



*Disasters  
can strike at any time.  
**BE PREPARED!***

# DOLLAR\$ & \$ENSE

## *Low and No-Cost Things You Can Do to Be Prepared for Emergencies*

### No Cost Preparations

- **Create an emergency contact list**
- **Decide where you will meet your family if you can't go home – one local place and one not local**
- **Decide now what you will do with your pet if there's an emergency – pet friendly hotels, friends, boarding kennels, etc.**
- **Make a visual inventory of valuables**
  - videotape or take pictures
  - save to disk
  - keep in safe deposit box or send to friend or family member
- **Scan important documents and save on disk.** Keep in safe deposit box or send to a friend or family member.
- **Back up your computer**
- **Review your homeowners insurance policy**
  - Know what coverage you have – what's your deductible, do you have replacement value?
  - ◇ Do you have sewer backup protection?
  - ◇ Do you have flood insurance?
- **Have a "Go Bag" of essentials.** What would you grab if you had five minutes to leave your home?
- **Register for Alert Bowie**

### Low Cost Preparations

- **First aid kit**
- **Smoke detectors**
- **Flashlight and batteries**
- **Emergency radio**
- **Get training (often this training is free)**
  - ◇ CPR
  - ◇ First Aid
  - ◇ Cert Teams

# Emergency Supplies Checklist

Use the list of suggested items below to assemble your own emergency kit.  
Consider what you would need if you were without electricity, water, or  
if you had to relocate to a shelter for a few days.

## Medical:

- Sterile bandages
- Scissors
- Tweezers
- Needle
- Moist towelettes
- Antiseptic
- Thermometer
- Petroleum Jelly
- Cleanser/Soap
- Aspirin/Pain Reliever
- Antacid
- Gloves
- Alcohol Swabs
- Rubbing Alcohol
- Medical Tape

## Tools and Supplies:

- Paper cups, plates, and plastic utensils
- Battery operated radio/batteries
- Flashlight/batteries
- Utility knife and non-electric can-opener
- Pliers
- Tape
- Signal flare
- Needles and thread
- Wrench
- Map of the area
- Aluminum foil
- Plastic sheeting

## Sanitation:

- Soap
- Personal hygiene items
- Plastic bags with ties
- Plastic bucket with lid
- Disinfectant
- Household chlorine bleach

## Food and Water:

- Store water in plastic containers.
- Store one gallon per person per day for 3 days.
- Store at least a 3-day supply of non-perishable food that requires no preparation and little water.
- Replace stored water every 3 months and stored food every 6.

## Other:

- At least one complete change of clothes
- Sunglasses
- Sturdy shoes/workboots
- Rain gear
- Special needs items - baby formula, prescriptions, eyeglasses, contacts, etc.

**City of Bowie Emergency Management Office** [www.cityofbowie.org](http://www.cityofbowie.org) or call 301-809-3079.

**U.S. Department of Homeland Security** [www.ready.gov](http://www.ready.gov) or call 1-800-BE-READY for a free brochure.

**U.S. Federal Emergency Management Agency** [www.fema.gov](http://www.fema.gov) or call 1-800-480-2520 to obtain one of their publications.

**Maryland Emergency Management Agency** [www.maryland.gov](http://www.maryland.gov) or call 1-800-422-8799.

**American Red Cross** [www.redcross.org](http://www.redcross.org) or call their free national preparedness information hotline at 1-866-GET-INFO.

**Maryland Insurance Administration** [www.mdinsurance.state.md.us](http://www.mdinsurance.state.md.us) - for "An Insurance Preparedness Guide for Natural Disasters"