YOU CAN DO THIS!

To help you evacuate or shelter-in-place* in the event of an emergency, collect enough of these nine essential items to last at least three days:

*Shelter-in-place: To remain inside a building or vehicle.

**STEPS TO READY**

1. **WATER**
   - One gallon per person, per day.

2. **FOOD**
   - Enough non-perishable foods for each person (canned or packaged).

3. **CLOTHES**
   - One change of clothes and shoes, per person. Other items depending on weather conditions: rain jacket, gloves, hat, scarf.

4. **HEALTH SUPPLIES**
   - Prescription and other medications. Medical supplies and other equipment, including syringes, hearing aid, oxygen tank, inhaler or concentrator.

5. **PERSONAL CARE**
   - Basic items like soap, toothbrush, toothpaste, toilet paper, tissue, hand sanitizer, baby wipes and glasses or contact lenses.

6. **SAFETY SUPPLIES**
   - A first aid kit, emergency blanket, whistle, plastic trash bags, paper towels and household bleach (to sterilize items as needed).

7. **ELECTRONICS**
   - Cell phone with charger or portable battery, chargers for other electronics, extra batteries, flashlight and radio. Other items: laptop, tablet, hard drive back-up.

8. **TOOLS**
   - Extra cash, spare sets of keys, manual can opener, local maps and multipurpose tool (acts as a knife, pliers and screwdriver).

9. **DOCUMENTS**
   - Copies of emergency contacts, photo IDs, SSN, insurance and immunization cards, insurance policies, financial records, property records, vital medical information and other important documents (wills, trusts, deeds, certificates).

*Other Items to Consider:

- Additional emergency kits to keep in common places (home, car, workplace, on-the-go)
- Full tank of gas for vehicles (recommended to fill-up at half tank of gas)
- Baby supplies (bottles, formula, baby food, toys, blankets and diapers)
- Games and activities for children
- Pet supplies (food and water, leash, carrier, medicine and medical records, a photo of your pet, bowls, litter box, grooming items and toys)

FOR MORE INFORMATION, PLEASE VISIT: BePreparedYuba.org or BePreparedSutter.org