

Ready Emergency Preparedness and Response
Plan to be Safe.

Plan 9

You can do this!

Collect these nine essential items to help you shelter-in-place in the event of an emergency.

Start here

1 Water



One gallon per person, per day for three days.

2 Food



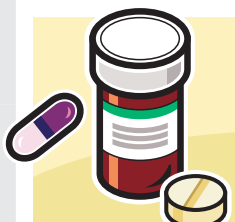
Non-perishables such as canned or packaged food.

3 Clothes



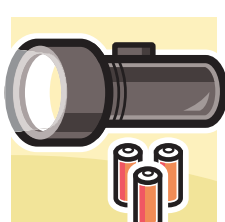
One change of clothes and footwear per person.

4 Medications



Three days' worth of prescription medications.

5 Flashlight



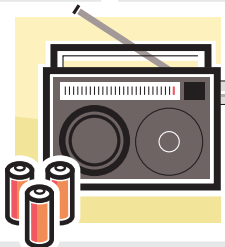
A bright flashlight and extra batteries.

6 Can Opener



Manual can opener in case there's no electric power.

7 Radio



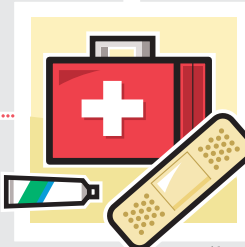
Battery-powered radio and extra batteries

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush

9 First Aid



Basics like antiseptic, bandages, and non prescription medicines

Done!

Kennedy Krieger
Maryland Center for
Developmental Disabilities

APC
Advanced Practice Centers

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For more information about emergency preparedness, contact:

Resource Finder at Kennedy Krieger Institute	KennedyKrieger.org/ResourceFinder
Maryland Center for Developmental Disabilities	KennedyKrieger.org/MCDD
American Red Cross	redcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterassistance.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov