You can do this!
Collect these nine essential items to help you shelter-in-place in the event of an emergency.

1. Water
   - One gallon per person per day for three days.

2. Food
   - Non-perishable such as canned or packaged food.

3. Clothes
   - One change of clothes and undergarments per person.

4. Medications
   - Three days' worth of prescribed medications.

5. Flashlight
   - A bright flashlight and extra batteries.

6. Can Opener
   - Manual can opener in case there's no electricity.

7. Radio
   - Battery-powered radio and extra batteries.

8. Hygiene Items
   - Basic like soap, toilet paper, and a toothbrush.

9. First Aid
   - Basic like antiseptic, bandages, and basic pain relieving medicine.

For more information about emergency preparedness, contact:
- Resource Finder at Kennedy Krieger Institute: mcdd.kennedykrieger.org
- American Red Cross: redcross.org
- Centers for Disease Control: cdc.gov
- Disaster Help: disasterhelp.gov
- Federal Emergency Management Agency: fema.gov

Maryland Center for Developmental Disabilities
at Kennedy Krieger Institute
Maximizing Potential. Creating Change.