

## Gather Emergency Supplies

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. Preparing emergency kits for your family is an important step in keeping them safe and healthy during a disaster. Pack an emergency supply kit. Here's what you'll need:

### At Least a 3-day Supply of Food and Water

- Water – one gallon per person, per day
- Food – foods that are easy to make and won't spoil, like canned soup, dry pasta, and powdered milk
- Manual can opener
- Basic utensils to prepare and serve meals

### Health Supplies

- 3-day supply of all medicines, at a minimum
- Medical supplies like syringes, a walking cane, or hearing aids with extra batteries

### Personal Care Items

- Soap
- Toothbrush and toothpaste
- Baby wipes
- Contact lenses or glasses

### Safety Supplies

- First aid kit
- Emergency blanket
- Multipurpose tool (that can act as a knife, file, pliers, and screwdriver)
- Whistle

### Electronics:

The National Oceanic and Atmospheric Administration (NOAA) provides weather updates during emergencies. Look for a radio labeled "NOAA Weather Radio."

- Flashlight
- Radio (battery-powered, solar, or hand-crank) for updates on the situation
- Cell phone with chargers
- Extra batteries

### Documents

Keep copies of your important documents, cash, spare keys, and maps in your emergency supply kit.

- Copies of important documents such as insurance cards and immunization records
- Paperwork about any serious or on-going medical condition
- Your completed family emergency plan, complete with family and emergency contact information.

### You should also keep

- Extra cash
- Maps of the area
- Extra set of car keys and house keys

### Taking Care of Others

You may need additional supplies to make sure the whole family is ready.

#### For Children

- Baby supplies like bottles, formula, baby food, and diapers
- Games and activities for children

#### For Pets

Plan ahead so you're ready to take care of your pet during an emergency.

- Food and Water:
  - A 3-day supply of food and water for each pet. A cat or a dog will generally need 1 gallon for three days.

- Bowls or bottles
- Manual can opener
- Cleaning Supplies:
  - Depending on the pet, you may need a litter box, paper towels, plastic trash bags, grooming items, and household bleach
- Health and Safety:
  - Medicines and medical records stored in a waterproof container
  - First aid kit with a pet first aid book
- Transport supplies:
  - A sturdy leash, harness, and carrier to transport pets safely. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for several hours.
- Comfort Items:
  - Pet toys and the pet's bed, if you can easily bring it, to reduce stress
- Paperwork:
  - Current photos and descriptions of your pets to help others identify them, and to prove that they are your pets, in case you become separated from them
  - Information on feeding schedules, medical conditions, behavior problems, and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care

Keep these tips in mind!

Check and replace your supplies throughout the year.

Personalize

Every family is unique. You may have emergency needs not included in this list. Also, remember to update your kit according to changing needs of your family.

Be sure it's ready to use

In a disaster situation, you may need to get your emergency supply kit quickly, whether you are sheltering at home or evacuating.

- Once you have gathered your supplies, pack the items in easy-to-carry containers.
- Clearly label the containers and store them where you can reach them easily.
- Remember that certain items, like medications and paper documents, need to be kept in waterproof containers.

Keep it Fresh

Check the expiration dates on food, water, medicine, and batteries at least two times per year. It's extremely important that all items in your kit are functional at the time of an emergency.

Involve Children

Families can make emergencies less stressful by preparing in advance and working together as a team. Ready Wrigley can help!

- Ask your kids to think of items that they would like to include in an emergency supply kit, such as books, games, and pre-packaged foods.
- Your kids can mark the dates on a calendar for checking emergency supplies. Tell them to remind you when it's time to check the supplies.
- Include kids in planning and creating disaster kits for family pets.

Know Your House

Find out where your gas, electric, and water shut-off locations are, and how to turn them off.

Prepare For Everywhere

Emergencies can happen anywhere. Remember to prepare supplies for home, work, and vehicles.

Source: <https://emergency.cdc.gov/preparedness/kit/disasters/>

All these items listed above are essential, but it is vital that we also consider our mental and spiritual health along the way. While on this journey, it is important to not become paralyzed by what is going on around us. It is uplifting and reassuring to know that God has us by the palm of his hands and is with us every step of the way. Take a deep breath, pray “Holy Spirit come into my heart” and take one day at a time! While packing those items listed above, strongly consider packing a “spiritual suitcase”.

Listed below are just a few items to consider as we go forth, gathering emergency supplies. In addition to packing these items listed below, consider adding prayer, fasting and almsgiving to your routine. Also, don't forget the sacraments especially Reconciliation and receiving the Eucharist!

Bible

Crucifix

Holy Water

Spiritual readings/books

Prayers-especially Spiritual Communion Prayer

Scapular (Request Induction if not already received)

Blessed items-Holy candles, miraculous metals etc

Be looking for next quarters Health ministry educational material.....it is information on a powerful retreat that you and your family can consider doing together this summer. Guaranteed to boost you spiritually and lead you to greater glory!!

Together in Christ,

Health Ministry Team