

Items that are useful for your car disaster kit

If away from home, you may have to rely on the supplies you have with you. Pack enough for each family member. Pack for 72 hours minimum.

Possibilities include:

1. Non-perishable food and drinking water (at least 1 quart per person per day)
2. Small First Aid kit and manual, necessary medications
3. Blanket or sleeping bag
4. Rain gear and extra clothes
5. Walking shoes and extra heavy socks
6. Flashlight and batteries
7. Radio and batteries
8. Booster cables and flares
9. Class ABC fire extinguisher (small)
10. Matches and candles
11. Plastic siphoning hose with hand pump (available at auto centers)
12. Always keep gas tank at least 1/2 full
13. Help flag for signaling

A disaster could make it difficult for you to communicate an emergency need or for response units to get to you. Are you prepared to help yourself and your family for at least the first 72 hours?

Check your kits annually. Have a disaster preparation party. Review and update plans, recycle emergency food and water, practice house evacuation and check smoke detectors.

WARNING: generators and heat sources that use fuels usually create dangerous gases like carbon monoxide/dioxide, insure proper ventilation when using them.

No fee citizen CPR classes are provided by Medic One at various times and locations around Thurston County, for schedule or sign up contact Medic One.

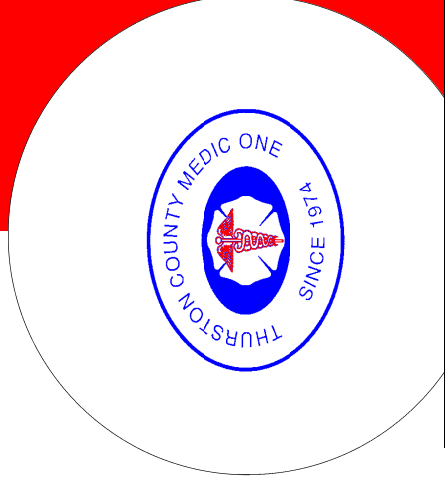
Classes are fun, take the family!

For information about Medic One or CPR class information, phone Thurston County Medic One at 360-704-2780 or visit our web site at www.co.thurston.wa.us



Thurston County Emergency Services

Medic One
2703 Pacific Ave SE, Ste C
Olympia WA 98501
Tel: 360-704-2780
www.co.thurston.wa.us

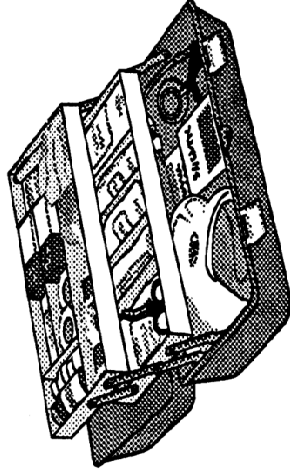


Citizen First Aid Kit

*Caring and Service
Excellence since
1974*

Medic One
2703 Pacific Ave SE, Ste C
Olympia WA 98501
Tel: 360-704-2780
www.co.thurston.wa.us
Tel: 360-704-2780

Recommended items First Aid Kit



Wound care:

- (4) Triangular Bandages
- (2) Elastic Bandages 4"
- (2) Elastic Bandages 3"
- (4) Kling gauze bandage 4"x5'
Sterile
- (1) 1/2" hypoallergenic cloth tape
- (2) 1" hypoallergenic cloth tape
- (1) 2" hypoallergenic cloth tape
- (8) 2x2" Gauze sponges, sterile
(dressings)
- (16) Telfa pad dressings
- (10) Eye pad dressings
- (12) 4x4" Gauze sponges, sterile
(dressings)
- (4) 8x10" Abdominal pad dressings
- (15) Band-aids, various sizes
- (12) stretch Band-aids
- (1) cleansing agent/soap, antibacte-
rial
- (10) Povidone disinfectant wipes
- (1) tube Antiseptic (bacitracin type)
- (1) Antiseptic/anesthetic spray (for
minor burns)

Miscellaneous:

- (1) Eyewash Solution
- (1) tube/bottle eye disinfectant
- (1) package Sting-kill
- (8) moistened Towelettes
- (16) Alcohol wipes
- (3) Chemical cold packs
- (1) small bottle Aspirin or
Acetaminophen
- (1) Anti-diarrhea medication
- (1) Antacid (for upset stomach)
- (1) Activated Charcoal
- (1) tube poison oak cream/lotion
- (1) bottle laxative

**For Disaster Kits, remember
necessary supply of
prescription items including
medications and eye glasses**

- (1) liter Drinking Water
- (1) bottle of Sunscreen
- (1) Pocket mask for CPR
- (6) Tongue depressors
- (1) Flashlight (extra batteries)
- (1) Oral Thermometer
- (1) Bandage scissors
- (1) Tweezers
- (3) pair Exam gloves
- (6) Safety pins
- (1) Paper pad/pencil
- (1) First Aid manual
- (4) Surgical masks
- (1) aluminized/mylar blanket

Other items useful for 72 hour disaster kits include:

- Food (non-perishable) and
Water for 72 hours
- Manual can opener
- Clothing, socks, shoes
- Toiletries to include soap,
towels, toilet paper
- Extra batteries
- Blankets/bedding
- Lg/sm Plastic bags and ties
- Water purification tablets or
bleach and eye dropper
- Emergency contact phone
numbers (relocation plan)
- Medications listing by family
member
- Photos of family members
- Radio (extra batteries)
- Walkie-talkies (extra batteries)
- Cash, small notes, coins
- Tool Kit
- Tarp/Tent
- Matches/candle/heat source
- Deck of playing cards

**A relocation plan is an essential
part of your kit. Each family
member should have a copy with
phone numbers. Send a copy to
an out of area family member.**