

Hurricane Preparedness Checklist

The following list is being provided to employees, family members and clients of Alternative Home Health Care. Our clients and family members have been advised that it is their responsibility to make plans in the event of a disaster. This information is being provided for your reference only.

Survival Materials	Personal Supplies
<ul style="list-style-type: none"> <input type="checkbox"/> Water – 1 gallon per day per person – enough for 14 days <input type="checkbox"/> Non-perishable foods – canned meat, fish, fruit and vegetables, soup <input type="checkbox"/> Bread in moisture proof packaging, candy and cookies <input type="checkbox"/> Powdered milk, drink mix, single serve drinks, coffee, tea <input type="checkbox"/> Cereal bars, peanut butter, jelly <input type="checkbox"/> Flashlight, battery powered lantern <input type="checkbox"/> Battery powered radio/ alarm clock <input type="checkbox"/> Extra batteries <input type="checkbox"/> Glass enclosed candles <input type="checkbox"/> Portable cooler, extra ice <input type="checkbox"/> First aid kit including: aspirin, antibiotic cream, antacids, anti-diarrheal <input type="checkbox"/> Insect repellent, sunscreen <input type="checkbox"/> Waterproof matches, butane lighter <input type="checkbox"/> Extra cash <input type="checkbox"/> Bleach or water purification tablets 	<ul style="list-style-type: none"> <input type="checkbox"/> Prescriptions – 1 month supply <input type="checkbox"/> Photo copies of prescriptions <input type="checkbox"/> Cell Phone <input type="checkbox"/> Books, magazines, entertainment materials <input type="checkbox"/> Fill up car with gas <input type="checkbox"/> Toiletries: soap, detergent, etc. <input type="checkbox"/> Changes of clothing <input type="checkbox"/> Bedding, pillows, blankets, etc. <input type="checkbox"/> Rain ponchos <input type="checkbox"/> Extra glasses or contact lenses <input type="checkbox"/> Extra set of keys <input type="checkbox"/> Incontinent Supplies <p>Documents (water proof box if possible)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Photo identification <input type="checkbox"/> Proof of residence – utility bill <input type="checkbox"/> Medical history and information <input type="checkbox"/> Disks of computer files <input type="checkbox"/> Waterproof camera and film <input type="checkbox"/> Pet's picture and license <input type="checkbox"/> Family disaster plan including cell-phones and map (if applicable)
<p>Cooking Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Portable camp stove or grill <input type="checkbox"/> Stove fuel, charcoal, lighter fluid or sterno <input type="checkbox"/> Manual can opener <input type="checkbox"/> Napkins, paper towels, paper plates & cups, plastic utensils <input type="checkbox"/> Aluminum foil 	<p>Other Necessities</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tools: hammer, nails, wrench, screwdriver, saw, <input type="checkbox"/> Trash bags (lots) <input type="checkbox"/> Cleaning supplies <input type="checkbox"/> Plastic drop cloth <input type="checkbox"/> Mosquito netting <input type="checkbox"/> ABC rated fire extinguisher <input type="checkbox"/> Masking or duct tape <input type="checkbox"/> Outdoor extension cord <input type="checkbox"/> Spray paint <input type="checkbox"/> A phone from your home