

## Water Needs

### Drinking Water:

1 gallon of water per day per person (need to have a 3-day supply of water person)

**If you have a well:** Either buy water OR

Treat with 16 drops of bleach (1/4 teaspoon) per gallon and boil.

### Consider water for:

- Pets
- Bathing
- Toileting
- Cooking

Store water in 2 liter soda bottles of dark colored soda (Pepsi, Coke, Root Beer)

Large storage containers for water can be found in farm

## Winneshiek County Public Health Nursing Service



## DISASTER PLANNING FOR YOU and YOUR FAMILY

## A Guide to Help YOU Prepare

*What you can do...*

## Medical Kit

- |                  |           |
|------------------|-----------|
| Thermometer      | Peroxide  |
| Hand sanitizer   | sunscreen |
| Rubbing alcohol  | shampoos  |
| Insect Repellent | soap      |



### KEEP EMERGENCY-PHONE NUMBERS BY THE PHONE

#### Also consider....

- |   |               |
|---|---------------|
| Toothpaste, floss, mouthwash                                | Band-aids     |
| Anti-diarrheal medications                                  | Birth Control |
| Antibiotic ointment   | Antacids      |
| Benadryl (or other antihistamine)                           |               |
| Nail clippers   | Allergy meds  |
| Shaving supplies  |               |
| Sanitary pads/tampons                                       |               |
| Prescription medications                                    |               |
| Pain relievers—ibuprofen, acetaminophen, Advil, and Tylenol |               |

- Assume the electricity may go out
- Telephones may not work due to storms
- Do you need or have a portable heater and fuel?
- Do you need a walkie-talkie?
- Do you have all important information such as birth certificates, insurance policies, etc. in a secure location that is not in your home—i.e. safety deposit box, flash drive?



## Winneshiek County Public Health Nursing Service

305 Montgomery St  
Ste #3  
Decorah, IA 52101

563-382-4662

[www.winneshiekhealth.org](http://www.winneshiekhealth.org)



**Public Health**  
Prevent. Promote. Protect.

# Emergency Pantry List

Baking powder

Baking soda

Canned fruits and vegetables

Beans—dried or canned

Bottled water, juices and/or drinks

Canned ready to eat meat—tuna,  
salmon, chicken

Powdered milk

Canned milk—sweetened or evaporated

Canned soups

Canned stew

Canned dry drink mixes

Coffee filters

Crackers

cornstarch

## More ideas for your pantry

Dried fruit

Dried soups

Flour

Granola bars

Hard candy

Honey

Instant mashed potatoes

Jellies and jams

Ketchup

Dry pasta

Nuts

Oatmeal

Peanut butter

Powdered sugar

Raisins

Spices and herbs your family likes

Sugar

Tea

Yeast

Cheese soups

Chocolate chips

Electrolyte drinks

Instant coffee/coffee

Rice

Butter or margarine

Jerky

Spaghetti sauce

Cooking oil

Brown sugar

Other staple foods *your* family likes

- **Check expiration dates of all foods**



## Consider baby and pet needs:

- Formula
- Baby food
- Diapers
- Wipes
- Pet food

## Other necessary supplies

- Manual can opener
- Paper plates
- Flashlights
- Batteries—all sizes
- Emergency radio
- Candles
- Matches
- Garbage bags
- Toilet paper
- Kleenex
- Plastic eating utensils
- Scissors
- Bleach
- Non-electric watch or clock
- Sturdy shoes
- Water containers
- Coolers
- Toolkits
- Mop and bucket
- Paper
- Pens
- Word games
- Waterproof markers
- Identification documents



**Winneshiek  
County Public  
Health Nursing  
Service**

305 Montgomery St  
Ste #3  
Decorah, IA 52101

563-382-4662

[www.winneshiekhealth.org](http://www.winneshiekhealth.org)

