



Emergency Essential Checklist



Are you ready in case of an emergency? We want you to be prepared! Preparing for an emergency can be simple and can help you and your family survive 5 days or more depending on how much you prepare. Most items can be located in or around your house, or you can build a kit from scratch.

The following list are items you should have or start to gather prior to an incident occurring.

WATER

- Gather sufficient drinking water.
- Have multiple 3-5 gallon extra portable containers.
- Invest In water Purification tool or method.



Ensure 1 gallon of water per person per day is stored in non-degrading containers to prevent water source contamination, crucial for hydration in hot weather.

FIRST AID

- First aid kit and book.
- First aid gels, ointments, and disinfectants.
- Bandages, wraps, and antiseptic towels.



First aid supplies like bandages, antiseptics, pain relievers, and necessary prescription medications are crucial for emergency kits. Tailor the supplies to accommodate the specific medical needs of household members.

SANITATION

- Toilet paper, portable toilet baby wipes, and sanitizers.
- Oral hygiene tools and personal hygiene products.
- Shampoo, sanitary napkins, and garbage bags.



Obtain and stock up on sanitation and hygiene products. Consider including items such as hand sanitizers, disinfectant wipes, and face masks. These can be crucial in maintaining cleanliness and preventing the spread of germs.

FOOD

- Obtain a minimum food supply to last 72 hours.
- Invest in a can opener.
- Obtain canned, dried, and non-perishable foods.



When preparing for emergencies, gather non-perishable food items like canned fruits, vegetables, meats, snacks, and more. Consider special dietary needs for children, infants, and those with special requirements.

LIGHT AND COMMUNICATION

- Rechargeable, battery, or solar-powered flashlight.
- Solar power bank, solar lanterns, and solar pathway.
- Solar, rechargeable, and battery powered radio.



It is wise to have a plan for communication. Keep a list of emergency contacts and consider having a battery-powered solar, or hand-crank radio to stay informed about any updates or instructions from local authorities.

FIRE / WARMTH

- Warm clothing, jackets, pants, undergarments and thick socks.
- Hand and body warmers, blankets and sleeping bag.
- Matches, light weight stove, propane, and fire extinguisher.



To stay warm during cold nights, use layers, gloves, blankets, or hand warmers. When making a campfire, ensure no extra fuel is nearby, and extinguish it with water or sand. Fire needs heat, fuel, and oxygen to burn; removing one can put it out. For a grease fire, avoid water; use baking soda, sand, or a lid to extinguish it.



STRESS RELIEVERS

- Bored games, cards, toys, and sport balls.
- Reading books and coloring books.
- Paper, pen, color pencils, and markers.



Have activities like board games, reading and coloring books, or balls which can be used as pass time or stress relievers. These simple yet engaging activities can provide hours of enjoyment and relaxation, making them ideal for individuals of all ages.

OTHER

- Cash
- Important personal documents
- Map

Ensure to have some cash saved up which can be used in case debit and credit cards fail. Have a map in hand case you ever need to leave the house. Ensure you plan ahead and make accommodations for children, elderly, non-ambulatory individuals, and pets.

COMMUNICATION

Utilize this section to input information regarding your emergency contacts. Take a couple of minutes with your household/family to discuss and establish a meeting location near your home in case you were to become separated during an emergency. Make sure everyone understands where this location is and how to get there safely.

Additionally, ensure that each family member has a list of important phone numbers, including those of local emergency services, neighbors, and extended family members. It is also wise to designate an out-of-town contact person who can help coordinate communication if local lines are down.

Once your emergency plan is in place, review and practice it regularly. Conduct drills and revisit your meeting location periodically to ensure everyone remembers the plan. Equip your home with a well-stocked emergency kit. Being prepared can make all the difference in ensuring the safety and well-being of your loved ones during unexpected situations.

EMERGENCY CONTACTS

- Fire Department
 - Non-Emergency: (909) 629-9671
 - Emergency: 9-1-1
- Police Department
 - Non-Emergency: (909) 622-1241
 - Emergency: 9-1-1
- Poison Control
 - Non-Emergency: 1 (800) 222-1222
 - Emergency: 9-1-1
- Water Department
 - Non-Emergency (909) 620-2251
 - Emergency / After hours: (909) 622-1241
- Public Works Department
 - Non-Emergency: (909)865-9500
- Pomona Valley Hospital Medical Center
 - Non-Emergency: (909) 865-9500
- Southern California Edison Electric Utility Co.
 - Non-Emergency: 1(800) 655-4555

HOME INFORMATION

Name: _____

Street: _____

Address: _____

Phone: _____

Emergency contact: _____

Emergency contact: _____

Emergency contact: _____

Emergency contact: _____

Emergency Meeting Location: _____