Community Awareness And Preparedness

FAMILY DISASTER KIT

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After a disaster, local administration and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours or it may take days. Would your family be prepared to cope with the emergency until help arrives?

**Six basic items you should stock:** Water, Food, First-Aid Kit, Clothing and Bedding, Tools and other emergency supplies and keep the items that you will need during an evacuation in an easy to carry bag.

1. **First Aid Kit**

   First aid kit should include the following or any other useful material.

   i. Roller bandages.
   ii. A pack of cotton
   iii. Small scissors
   iv. Antiseptic solution (Detol, Savlon)
   v. Antiseptic cream (Soframycin, Neomycin)
   vi. Oral re-hydration solution (ORS)
   vii. Triangular bandage
   viii. Small and large splint (made of bamboo or wood)
   ix. Pain killer tablets (Paracetamol etc.)
   x. Any other desired medicines.
   xi. Chlorine tablets.

2. **WATER**:

   Storage of drinking water in unbreakable bottles. In each bottle, record the date it was filled/refilled and marked. Refilled water after every four months.

3. **FOOD**:

   Store non-perishable food items that will not require much maintenance or refrigeration. Select the items that are compact to keep and of light weight.

   **Example:**
   i. Biscuit, Namkeens
   ii. Ready to eat food packet.
   iii. Dry food. Example:
   - Pea Nuts, Dry Fruits, Chana, Sattu, Moori etc.
   iv. Sugar, salt etc.
   v. Energy Drinks like Glucose etc.
   vi. Instant coffee, tea bags etc.

4. **TOOLS AND SUPPLIES**

   i. Disposable plates, spoons, cups.
   ii. Battery operated radio.
   iii. Torch with extra batteries.
   iv. Utility knife.
   v. Candle and match box.
   vi. Soap, liquid detergent.
   vii. Thread and needles.
   viii. Whistle.
   ix. Plastic sheets.
   x. Plastic mug.
   xi. Plastic bags.

5. **CLOTHING AND BEDDING**

   i. At least one set of clothing and footwear per person.
   ii. Blankets, bed sheets.
   iii. Canvas shoes.
   iv. Raincoat/umbrella.
6. Special Items.

a. For baby:
   i. Powder Milk.
   ii. Diapers.
   iii. Medications.

b. For Adult:
   i. Heart and High blood pressure medicine
   ii. Insulin Injection
   iii. Eye Glasses

c. Important family documents (keep all records in waterproof portable bag)
   i. Will, Insurance, Policy, Contracts, Deeds, Stocks, Bond etc.
   iii. Bank Documents.
   iv. School/College Certificates, Birth/Marriage/Death Certificates etc.
   v. List of emergency telephone no.

Remember:
◆ Store the kit in an accessible place and make sure that all family members know about it.
◆ Rotate stores food and water at least every four months.
◆ Renew your kit once a year.
◆ Keep all items in a plastic bag.