

Other essential items

Water and Food. Calculate one gallon of water per person, per day, for ideally two weeks. You will also need food. Consider food that requires minimal preparation and doesn't require water. You will also need a can opener, and disposable utensils and paper plates. Some medications must be taken with food.

Cash. Banks may be closed and/or ATMs not working due to power outages. Have cash in small denominations such as \$1, \$5 and \$10. At minimum, we suggest \$100 with \$500 not too much. Of course, store the money where it's safe.

Documentation. Prepare your documentation and put it in a waterproof bag. You will need hard copies as a printer may not be available. Include the name, address and phone numbers of your physicians, list of current medical problems (if any), list of allergies or history of adverse drug reactions, name and phone number of your pharmacy, and current medication list.

First Aid Kit. At minimum, have over-the-counter medications for pain relief and simple wound treatment. Also add supplies such as bandages, tweezers, gloves, masks and protective eyewear.



About MPC Ready

The MPC Ready organization's mission is to work collaboratively to help build disaster prepared, and climate-change ready, neighborhoods through advocacy, education and training, resources, organization and support.

In a disaster, studies show that our most immediate source of help will be the neighbors living closest to us. Emergency response personnel will be overwhelmed and there won't be nearly enough to go around.

Neighborhood-level disaster preparedness efforts, such as those from MPC Ready, help to meet *major gaps* in community-wide disaster preparedness. These efforts will increase our community's resiliency and hasten recovery following a disaster.

For More Information

Visit www.mpcready.org. Call 650-380-3028 or email info@mpcready.org.

Daniel P. Aldrich. *Building Resilience: Social Capital in Post-Disaster Recovery*.

Kathleen Tierney. *Disasters: A Sociological Approach*.

Amanda Ripley. *The Unthinkable: Who Survives When Disaster Strikes – and Why*. 2008.

Oregon Office of Emergency Management: Two Weeks Ready & Central United States Earthquake Consortium: Two Weeks Ready

Medication Preparedness



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