

## **American Red Cross**

Hawaii State Chapter

Get a Kit  
Make a Plan  
Be Informed

Are you interested in volunteering? Visit  
[www.redcross.org/hawaii](http://www.redcross.org/hawaii) and click on Volunteer to get  
started

# Get a kit. Make a plan. Be informed.

## Get a kit



### Essential Elements of your Emergency kit

At a minimum, have the basic supplies listed below within your house, so you are comfortable if you need to shelter in place. If you need to evacuate to a shelter, you should bring 5-7 days worth of supplies with you packed as compactly as possible because there will be limited storage space within the shelter. If you live, work or play within the tsunami evacuation zone, you should also have a smaller kit with 1-3 days of supplies that you can grab and take with you if you need to walk out of the zone.

- **Water**—one gallon per person, per day
- **Food**—non-perishable, easy-to-prepare items
- **Flashlight** • **Radio** (battery-powered or hand-crank NOAA Weather Radio preferred) • **Extra batteries** • **First aid kit** • **Medications and medical items** • **Manual Can opener and/or Multi-purpose tool** (i.e. Swiss army knife) • **Sanitation and personal hygiene items** • **Copies of personal documents** (medications list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies) • **Cell phone with chargers** • **Family and emergency contact information** • **Extra cash** • **Bedding supplies** (there will be no cots in a hurricane evacuation shelter due to space constraints) • **Change of clothes** • **Towels** • **Dishes** • **Tools/supplies** for securing your home if you plan to evacuate

You may need to add more supplies for the comfort of all family members:

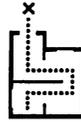
- **Medical supplies** (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- **Baby supplies** (bottles, formula, baby food, diapers)
- **Games and activities for children**
- **Pet supplies** (collar, leash, ID, food, carrier, bowl, medications)

Additional supplies dependent on the hazards you face:

- **Whistle**
- **N95 or surgical masks**
- **Matches**
- **Rain gear**
- **Work gloves**
- **Plastic sheeting**
- **Duct tape**
- **Household liquid bleach**

**American Red Cross**  
 4155 Diamond Head Rd  
 Honolulu, HI 96816  
[www.hawaiiiredcross.org](http://www.hawaiiiredcross.org)  
 Call 739-8113 to volunteer

## Make a plan



- Meet with your family or household members
- Discuss how to prepare and respond to emergencies that are most likely to happen where you live, work and play.
- Identify responsibilities for each member of your household and plan to work together as a team.
- If a family member needs accommodations, research now how this can be successfully done and who you may need to contact to help.

### Plan what to do in case you are separated during an emergency

- Choose two places to meet:**
  - Right outside your home in case of a sudden emergency, such as a fire
  - Outside your neighborhood, in case you cannot return home or are asked to evacuate
- Choose an out-of-area emergency contact person:** It may be easier to text or call long distance if local phone lines are overloaded or out of service. Everyone should have emergency contact information in writing or programmed into their cell phones.

### Plan what to do if you have to evacuate

- Decide where you would go and what route you would take to get there.** You may choose to go to a hotel, stay with friends or relatives in a safe location or go to an evacuation shelter if necessary.
- Practice** evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on your map in case roads are impassable.
- Plan ahead for your pets.** Make pre-arrangements with animal shelters or kennels for an emergency. Some shelters will have pet-friendly space adjacent to emergency shelters. If you plan to evacuate with your pet, it is critical to have a crate and other emergency supplies with your pet. If the shelter does not have pet-friendly spaces, you can keep the pet in your vehicle. Another option would be to make pre-arrangements with animal shelters or kennels to look after your pet during an emergency.

Download [List of Statewide Hurricane Evacuation Shelters](http://www.scd.hawaii.gov) at [www.scd.hawaii.gov](http://www.scd.hawaii.gov) – Listen to radio to see which locations are opened.

## Be informed



### Learn what disasters or emergencies may occur in your area

These events can range from those affecting only you and your family, like a home fire or medical emergency, to those affecting your entire community. To follow are a list of hazards for Hawaii.

Hurricane	Flood
Tsunami	Landslide
Earthquake	Tornado
Volcanic	Hazardous
Eruption	Material Spill
Dam Failure	Terrorism

### Identify how local authorities will notify you during a disaster

How you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels. Civil Defense may sound sirens in your neighborhood to notify the public of a Tsunami or Hurricane warning and the potential need to evacuate. Download [List of Statewide Hurricane Evacuation Shelters](http://www.scd.hawaii.gov) at [www.scd.hawaii.gov](http://www.scd.hawaii.gov) – Listen to radio to see which locations are opened.

### Know what actions to take to protect yourself during disasters

For example, if you travel to a place where earthquakes are common and you are not familiar with them, make sure you know what to do to protect yourself should one occur

### Get Trained

When a major disaster occurs, your community can change in an instant. Loved ones may be hurt and emergency response is likely to be delayed. Make sure that at least one member of your household is trained in first aid and CPR and knows how to use an automated external defibrillator (AED). This training is useful in many emergency situations. Share what you have learned with your family, household and neighbors and encourage them to be informed.

### Emergency Contact Cards for All Household Members

- Print one card for each family member – download [Emergency Card](http://www.redcross.org/www-files/Documents/pdf/Preparedness/ECCard.pdf) (<http://www.redcross.org/www-files/Documents/pdf/Preparedness/ECCard.pdf>)
- Write the contact information for each household member, such as work, school and cell phone numbers.
- Fold the card so it fits in your pocket, wallet or purse.
- Carry the card with you so it is available in the event of a disaster or emergency.

**Tell your loved ones about the American Red Cross Safe and Well web site available for major disasters through [www.RedCross.org](http://www.RedCross.org). This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as “safe and well” and concerned family and friends who know the person’s phone number or address can search for messages posted by those who self register. If you don’t have Internet access, call 1-800-RED-CROSS to register yourself and your family.**