

Creative Aging in Nyack

Emergency Supply Kit for the house Check off items as you gather them.

- Flash light(s)
 - Extra batteries. Check the expiration dates at least every 6 months.
 - Matches. If you use candles, be sure they are on candle stands or in candle sticks, not on wood.
 - Chlorine bleach and medicine dropper to disinfect and to purify water (16 drops to a gallon). Put the date on the bottle and replace annually. Be sure it is just plain bleach, no additives.
 - Be able to charge your cell phone with a battery operated charger or with a radio powered by a hand crank or by solar that also has a USB port.
 - Clean underwear
 - Water – Think about whether you are likely to need drinking water in an emergency. If we lose power, most of us will still have drinking water.
 - Food for three days, e.g., sardines, tuna, peanut butter, crackers, granola bars, etc.
 - Cash on hand in case the ATMs don't work
 - A first aid kit
 - Dust mask to help filter contaminated air
 - Local map
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Things you can do in your home now

Learn how to turn off the water, gas and electricity in your home. Do not actually turn off the gas – only the gas company should turn the gas back on.

Get a battery powered radio. Best Buy has Sony battery powered radios for \$19.99.

Get a supply of extra batteries for your flashlights, radio, etc.

Make sure you have working smoke and carbon monoxide detectors

Update your fire extinguisher at the Rockland Fire Equipment Company on Franklin Street.