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## **JOINT PRESS RELEASE: THE FIRST 72 ARE ON YOU**

*Don't Wait: Gather Supplies for Your Emergency Supply Kit Now*



### **Contacts:**

Kathy Newby  
[knewby@co.okaloosa.fl.us](mailto:knewby@co.okaloosa.fl.us)  
850-651-7270  
Cell: 850-585-7059

Ryan Mims  
[HealthyOkaloosaPIO@flhealth.gov](mailto:HealthyOkaloosaPIO@flhealth.gov)  
850-833-9240 x 2162  
Cell: 850-420-2198

**Ft. Walton Beach, Fla.**— What will your family need to survive three days after an emergency? That is how long you should plan to be able independently sustain your family after a hurricane or other disaster. Will you have enough food, water, cash, medicine, and other living essentials?

Every individual and family should have an emergency supply kit available at all times. Your kit should include some of the basic supplies that will keep your family safe and healthy for at least 72 hours. If you are a pet owner, that kit should include items for your pets. It is also important to place items in a portable container so that you can comfortably carry them in case disaster strikes. Your kit should be placed in an easily accessible place where each family member can reach it.

Some items that you should include are:

- Enough water for at least one gallon daily per person. You should store three to seven days' worth of water.
- Enough food for three to seven days.
  - Nonperishable food like canned foods
  - Food for infants like baby formula and food for elderly as well
  - High energy foods like protein bars with long shelf life
- Cooking tools non-electric can opener, and plates and utensils
- First Aid Kit and medicine/prescriptions
- Mosquito repellent and Sunscreen
- Toiletries and items for personal care
- Suitable clothing such as rain gear and boots
- Flashlights with batteries or have flashlights that are able to be charged by hand crank.
- Radio with batteries or have radio that is able to be charged by hand crank. Also, include NOAA weather radio.
- If applicable, make sure you remember the children by including infant formula, diapers, toys, books, games, puzzles or other activities for children.
- Disaster supply tools, such as a utility knife, whistle, pencil, map compass, thread, needles, signal flare, tape, shut-off wrench, eyewear, and thermal blankets.
- Important items or documents should be stored in a waterproof container.
  - Medical records, bank account numbers, social security card, insurance information, telephone of important numbers, cash in case bank ATMs are down, and cell phone charger.

Additional items to include for pet owners:

- Medications and medical records (stored in a waterproof container) and a first aid kit.
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- Current photos of your pets in case they get lost.
- Food, potable water, bowls, cat litter/pan, and can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and toys, if easily transportable.

For more information, please visit [www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/build-a-kit/index.html](http://www.floridahealth.gov/programs-and-services/emergency-preparedness-and-response/prepare-yourself/build-a-kit/index.html) or [www.floridadisaster.org/citizen\\_emergency\\_info.htm](http://www.floridadisaster.org/citizen_emergency_info.htm).

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### **National Preparedness Month**

Okaloosa County Department of Public Safety and Florida Department of Health in Okaloosa County (DOH-Okaloosa) are observing September as National Preparedness Month in order to remind residents of easy ways to keep their families prepared and safe during emergencies.

Weekly messaging will be released to news media outlets and community partners to help spread the word about the importance of emergency preparedness.

The overall theme of the month is *Don't Wait, Communicate. Make Your Emergency Plan Today.*

The following is the schedule of press releases and topics:

- Week 1—Family Emergency Communications Plan
- Week 2—Emergency Supply Kit and Pet Plan
- Week 3—Emergency Preparedness and Information Apps
- Week 4—Special Needs Shelter Registry

For more information, please visit [www.co.okaloosa.fl.us](http://www.co.okaloosa.fl.us) or [www.healthyokaloosa.com](http://www.healthyokaloosa.com)

### **About Okaloosa County Public Safety**

The Okaloosa County Department of Public Safety mission is to protect the health, safety, and welfare of our community with pride and professionalism and consists of the following divisions: 911 Communications, Emergency Medical Services (EMS), Emergency Management and Beach Safety. Since 2002, Okaloosa County has been an official **Storm Ready County**, and meets several emergency management criteria: the 24-hour Warning Point, the six different means of receiving National Weather Service warnings, the ability to monitor real time data at both the Emergency Operations Center in south Okaloosa and the 24-hour Warning Point in the north.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](http://www.fda.gov/oc/accreditation/), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

**For more information**, please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov). Follow us on Twitter: [@OKALOOSAEEOC](https://twitter.com/OKALOOSAEEOC) or [@FLHealthEmerald](https://twitter.com/FLHealthEmerald) or on Facebook: [Okaloosa Public Safety Emergency Management](https://www.facebook.com/OkaloosaPublicSafetyEmergencyManagement) or [Florida Department of Health](https://www.facebook.com/FloridaDepartmentofHealth).

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