

## Emergency Documents

The following are a list of emergency documents you may want to have easily accessible in case of emergency:

- Emergency contact list
- Family Emergency Plan
- Divers License/Identification Cards
- Passports
- Birth Certificates
- Social Security Cards
- Medical Records
- Contact information of medical or mental health providers
- Prescriptions
- Immunization Records
- Insurance Cards
- Bank Statements
- Credit Cards

For a more thorough list please visit the links found on this brochure.

## Additional Considerations

If you or someone you are close to has a disability and/or other access and functional needs, you may want to include the following additional items in your emergency supply kit:

- Lists of prescription medications including dosage, treatment and allergy information
- Extra medication
- Batteries and battery chargers for assistive technology devices
- Medical health information including details about your disability, assistive technology devices and durable medical equipment

## County of Orange Health Care Agency



### Resources

#### OC Links

(855) OC-Links or (855) 625-4657  
TDD Number: (714) 834-2332  
[www.ochealthinfo.com/bhs/about/pi/oclinks/](http://www.ochealthinfo.com/bhs/about/pi/oclinks/)  
Monday - Friday, 8:00 a.m. to 6:00 p.m.

**Centralized Assessment Team**  
(Emergency Psychiatric Evaluation)  
(866) 830-6011  
7 days a week, 24 hours a day

**24 Hour Suicide Prevention**  
(877) 7 CRISIS or (877) 727-4747  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/)

#### SAMHSA

24/7 Disaster Distress Helpline  
800-985-5990 or  
Text TalkWithUs to 66746  
[www.disasterdistress.samhsa.gov/](http://www.disasterdistress.samhsa.gov/)

**Orange County Information Line**  
Dial 211  
[www.211OC.org](http://www.211OC.org)

**County of Orange  
Health Care Agency  
Behavioral Health Services  
Disaster Response**

405 W. 5th Street, Suite 550  
Santa Ana, CA 92701  
<http://ochealthinfo.com/bhs>

## County of Orange Health Care Agency



## How to Make an Emergency Supply Kit



## Behavioral Health Services Disaster Response

405 W. 5th Street, Suite 550  
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>



### Mission Statement

*Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.*

### Why make a emergency supply kit?

If an emergency occurs, it is recommended that individuals have some basic supplies on hand that can support survival for at least three days. Although this brochure will list basic supplies for an emergency kit, it is important to keep in mind that depending on where you live and your families unique needs, you may need to consider adding additional items. Also, each person should consider having at least two emergency kits easily accessible, one for at home and one for work or a vehicle.

Making an emergency supply kit is one of the steps recommended by the US Department of Homeland security to be prepared to respond to disasters. In addition they recommend that you make a family emergency plan and be informed about the different type of emergencies that can happen in your area and the appropriate response.

### Links

The following websites provided the information in this brochure and have many additional emergency preparedness resources:

- <https://www.ready.gov/kit>
- <http://www.readyoc.org/prepare/kit.html>
- <http://www.readyoc.org/prepare/disabilities.html>

### Recommended Items to Include

Through the Ready Campaign, the U.S. Department of Homeland Security recommends that you have the following items a basic emergency supply kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger

Set a goal for yourself to gather together a few items at a time and before you know it, your emergency supply kit will be assembled!

\* Remember that items such as canned goods, medicine, pet food, etc. have expiration dates and need to be replaced if not used within the given time frame

### Additional Items to Consider Adding

Once you have a basic emergency kit assembled, you may also want to consider adding the following items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents, including your Family Emergency Plan, in a waterproof, portable container
- Cash (include small denominations) and change
- Sleeping bag or warm blanket for each person. Consider packing additional bedding if you live in a cold climate.
- A complete change of close for each person including a long sleeved shirt, long pants and sturdy shoes. Consider adding additional clothing items if you live in a cold climate.
- Household chlorine bleach and a medicine dropper — When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Multipurpose tool
- Personal hygiene items including feminine supplies
- Paper cups and plates, plastic containers and paper towels
- Paper, pencil, pens
- Activities children enjoy that do not require electricity (i.e.: books, games, puzzles)
- Item(s) that provide comfort to you and your loved ones (think lightweight and small)