

# Be Prepared. Take the First Step!

## Preparedness and Public Health Threats

Collect these essential items to help you shelter-in-place in the event of an emergency

San Joaquin County  
Public Health  
Services

health grows here



<p>✓ <b>Water</b></p> <p>One gallon per person, per day for 3 days</p> 	<p>✓ <b>Food</b></p> <p>Non-perishables such as canned or dry food. Don't forget pets!</p> 	<p>✓ <b>Clothes</b></p> <p>One change of clothes and shoes per person</p> 	
<p>✓ <b>Medications</b></p> <p>3 day supply of prescription medications</p> 	<p>✓ <b>Flashlight</b></p> <p>Flashlight with extra batteries</p> 	<p>✓ <b>Can Opener</b></p> <p>Manual can opener</p> 	
<p>✓ <b>Radio</b></p> <p>Battery powered radio with extra batteries</p> 	<p>✓ <b>Hygiene Items</b></p> <p>Basics like soap, toilet paper, and toothbrush</p> 	<p>✓ <b>First-Aid</b></p> <p>Basics like antiseptic, bandages, over-the-counter meds</p> 	
<p>✓ <b>Children's Items</b></p> <p>Ready-to-feed formula, bottles, diapers, wipes, ointments. (If breastfeeding, continue doing so.)</p>			

### For more information, contact:



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American Red Cross

[redcross.org](http://redcross.org)

SJC Office of Emergency Services

[sjready.gov](http://sjready.gov)

Federal Emergency Management Agency

[fema.gov](http://fema.gov)

Centers for Disease Control and Prevention

[emergency.cdc.gov](http://emergency.cdc.gov)

U.S. Dept. of Homeland Security

[ready.gov](http://ready.gov)