



Plan



You can do this!

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



1 Water



One gallon per person, per day for three days.

2 Food



Non-perishables, such as canned or packaged food.

3 Clothes



One change of clothes and footwear per person.

4 Medications



Three days' worth of prescription medications.

5 Flashlight



A bright flashlight and extra batteries.

6 Can Opener



Manual can opener in case there's no electric power.

7 Radio



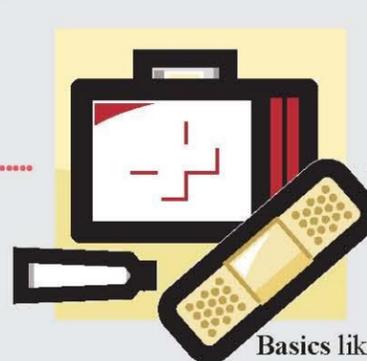
Battery-powered radio and extra batteries.

8 Hygiene Items



Basics like soap, toilet paper and a toothbrush.

9 First Aid



Basics like antiseptic, bandages, and non-prescription medicines.



For more information about emergency preparedness, contact:

Sutter County, CA
 Sutter County Emergency Management
 City of Yuba City
 California Department of Public Health
 California Office of Emergency Services
 Federal Emergency Management Agency
 U.S. Department of Homeland Security
 Centers for Disease Control and Prevention

www.suttercounty.org
www.bepreparedsutter.org
www.yubacity.net
www.bepreparedcalifornia.ca.gov
www.oes.ca.gov
www.fema.gov
www.ready.gov
www.cdc.gov

