

PREPARE YOUR FAMILY

A preparedness kit includes essential items to stay safe and healthy in an emergency. Make a kit for yourself, your family and your pets. Keep a kit in your home, your car and at work. To get started, gather the following items:

 **Preparedness Kit Checklist**

- ☒ Water - One gallon per person, per day
- ☒ Food - Nonperishable goods
- ☒ Copies of prescription medication labels
- ☐ Non - prescription medications
- ☒ Personal hygiene items, including sunscreen & hand sanitizer
- ☐ First-aid kit
- ☐ Flashlight and batteries
- ☒ Contact information for your doctor and pharmacy
- ☐ Comfortable shoes and a change of clothing



For a complete list of items to put in your kit and for more information on public health emergency preparedness, visit www.CityOfChicago.org/HEALTH



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