

Collaborative Healthcare Urgency Group

A.R.M.E.D. TIP SHEET

Vol. 1 Edition 1

Family "Go- Kits"

What is a "GO-KIT"?

A family and personal survival kit that you can "*Grab and Go*" if you have to evacuate your home.

When will you need a "Go-Kit"?

- Structural Damage to your Home
- Hazardous Material Incident
- Weapons of Mass Destruction
- Nuclear Accident
- Floods
- Earthquakes

Go-Kits

- Master Kit
- 1 personal kit per family member

Major Components

- Personal Protective Equipment
- Food and Water
- 1st Aid Supplies
- Communications
- Tools & Supplies
- Personal Items
- Information

Food & Water

- Min. 3 day supply of non-perishable food
- Min. 1 gallon/ day of water/person

Protective Equipment

- Eye Protection
- Hearing Protection
- Head Protection
- Inhalation Protection
- Hand Protection
- Infection Control

First Aid Supplies

- BBP Protection
- CPR
- Bleeding Control
- Infection Control

Websites for more information:

www.ready.gov/make_a_kit.html

www.redcross.org

Communications

- Whistle
- Cell Phone
- Phone card
- Roll of Quarters
- Walkie- Talkies

Tools & Supplies

- Flash Light
- Multi-Tool
- Duct Tape
- Matches/Lighter
- Map
- Spare Batteries

Personal Items

- Personal Hygiene
- Spare Clothes
- Medications
- Hat/ Gloves
- Sun Glasses
- Rain Gear
- Extra Glasses/ Contacts

First Aid Supplies

- Gloves/Mask
- CPR
- Bleeding Control
- Infection Control



