



For 72 Help Us Help You!

Preparing for potential emergencies starts at the individual level. And, while your State, County and City will be responding to basic community needs in the aftermath of an emergency, available resources and the time when those resources will become available will vary depending on the severity of the emergency. The first 72 hours after an emergency is the most critical period. Basic infrastructure, communications and transportation systems may be challenged, inoperable or inaccessible and the steady flow of supplies such as gas, ice, water, medicine and food may not be readily available.

The first line of preparedness for any

emergency is planning to meet your, your family's or your organization's basic survival needs for 72 hours. By removing or reducing the uncertainty of where your basic needs' supplies will come from during this critical 72-hour period, you will alleviate much of the stress individuals suffer in the aftermath of an emergency and allow for the City to more quickly return to normal operations. So remember, for 72, Help Us Help You!

Your 72-Hour DISASTER SUPPLY KIT

Each household or facility should have a 72-hour supply of the following items. Please note this is a basic list, each family's needs are varied.

- Water (one gallon per person per day) stored in plastic containers
- Fill up bathtubs or containers with water for the toilet and personal hygiene
- Non Perishable Food (enough for each person)
- Canned meats, fruits, vegetables and soups, Dried fruits and nuts, cereal, crackers and cookies
- Coffee, tea and powdered drinks
- Powdered, evaporated or boxed milk
- Important Documents: Copies of important documents should be stored in a waterproof place that is easily accessible.
- Cooking Supplies: Manual can opener, utility knife, paper plates and utensils
- Cooking Fuel: propane gas, charcoal, and/or lighter fluid
- Toiletries: Toothpaste, toothbrush and other items
- Baby Supplies: food and/or formula Diapers, and supplies
- First-aid kit and other over the counter medications and pain relievers
- Toilet paper, towelettes, feminine supplies
- Soap, detergent, disinfectant and bleach
- Flashlight with extra batteries and bulbs
- Battery operated radio
- Make sure you have one phone that is not dependent on electricity (non-cordless)
- Cash (with some small bills) enough for 72 hours
- Tools including shut-off wrench, pliers, nails, rope
- Matches in water proof container
- Make sure you fill up your gas tank before a storm
- Gasoline and/or fuel for generators & cars in approved containers
(Remember to always keep a working generator OUTSIDE of the house)
- Plastic storage containers
- Insect repellent and sunscreen
- Camera to document any damages
- Clothing: One complete set per person with sturdy shoes
- Prescription drugs (2-week supply)
- Insulin, cooling system and supplies for those with diabetes
- Eyeglasses, contact lenses and supplies (if appropriate)
- Pet Supplies: Food and Water (72 hour supply) and other pet care items

For more information on how you can prepare your family, please call the City of Doral at 305-593-6739 or visit [EMERGENCY PREPAREDNESS](http://www.cityofdoral.com/police) page at www.cityofdoral.com/police