

Plan to be Safe.

Plan



You can do this!

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

Start here

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.

Done!

For more information about emergency preparedness, contact:

Frederick County, MD	co.frederick.md.net
American Red Cross - Frederick County Chapter	frederickredcross.org
Centers for Disease Control	cdc.gov
Disaster Help	disasterhelp.gov
Federal Emergency Management Agency	fema.gov
U.S. Department of Homeland Security	ready.gov

