PREPPER MINUTE! EMERGENCY TIPS YOU CAN USE!

BY ***TUALATIN CITIZEN INVOLVEMENT ORGANIZATION (CIO)***

Do you have a "Go Kit" or "Go Bag" to take with you in case of an Evacuation? If not, start one today. Now think, if I have only five minutes to leave the house, what do I want to take? Here are few PREPPER tips that take only a minute to do. If you do one or two tips a week, In no time at all, you will be ready in case of an emergency.

To begin, locate unused or purchase a backpack. If you have started but not finished your Go Kit – take this as a gentle reminder to get these items pulled together. Store your Go Kit somewhere that is easy to reach with a supply of water or a water purification kit. Make sure you have at least the following in your Kit.

1) Energy bars, peanut butter, low salt crackers, canned fruits, meats, and vegetables, hard candy
2) *First aid kit and any prescriptions, health care items or over-the-counter medicines
3) Flashlight (battery or hand crank)
4) Copies of important documents (hard copies of insurance info, phone number/address lists, etc.)
5) Cell phone charger for a car
6) Radio (battery or hand crank)
7) Extra batteries, solar charger
8) Hygiene items such as toilet paper, toothbrush, toothpaste, soap, sun screen, insect repellent
9) Manual can opener
10) Pet supplies
11) Comfort items such as toys, books, family photos
12) Energy blanket (aka space blanket)
13) Duct tape and plastic sheeting

*Does anyone in your household have special needs? Make sure you include needed supplies in your "Go Kit". (Such as prescriptions, hearing aides batteries, extra reading glasses, canes, oxygen tanks). TVFR and other agencies have been lobbying state and federal lawmakers to ensure medical insurance coverage permit us to have a 2-week supply of prescriptions and other "necessaries". Check to see if your coverage allows you to keep a supply on hand.

Next month's PREPPER will cover what you need to know about water storage and safety. To schedule a neighborhood meeting to get your entire street Prepared!, email **tualatincommercialcio@gmail.com**. We will send out a volunteer to take you through "Map Your Neighborhood."