


Emergency Kit "Go Bag" List

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- ❑ Written list of emergency contacts with phone numbers and addresses
 - ❑ One week supply of medications, list of medications and frequency taken, personal medical information and any food or drug allergies
 - ❑ Flashlight with extra batteries
 - ❑ Bottled water
 - ❑ Snacks that won't spoil
 - ❑ Dust mask to help filter air
 - ❑ Copies of
 - Personal identification
 - Credit/ATM cards
 - Birth certificate
 - Insurance cards
 - Other important papers(in a waterproof container or Ziploc bag)
 - ❑ First aid kit
 - ❑ Whistle or horn to signal for help
 - ❑ Baby wipes or moist towelettes
 - ❑ Personal hygiene items
 - ❑ A list that includes model and serial numbers for walkers, wheelchairs, hearing aids, communication devices and other medical supplies you use

Health Emergency (Covid-19) Items

- ❑ Hand sanitizer
- ❑ Masks
- ❑ Gloves
- ❑ Soap
- ❑ Toilet paper, Paper towels
- ❑ Disinfectant wipes
- ❑ Thermometer
- ❑ Over the counter medications