

# Collaborative Healthcare Urgency Group

A.R.M.E.D. TIP SHEETS

Vol. 1 Edition 3

## 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 Gloves/Mask
- Food and Water
- 1st Aid Supplies
- Communications Cell Phone
- 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 Instructions*

- CPR Instruction Booklet
- Bleeding Control (Band-Aids, tourniquet)
- Infection Control
- First aid Instruction Manual

#### *Websites for more information:*

[www.ready.gov/make\\_a\\_kit.html](http://www.ready.gov/make_a_kit.html)

[www.redcross.org](http://www.redcross.org)

#### *Communications*

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

#### *Tools & Supplies*

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

#### *Personal Items*

- Personal Hygiene
- Spare Clothes
- Medications for 3-7 days
- Hat/ Gloves
- Sun Glasses
- Rain Gear
- Extra Glasses/Contacts

#### *First Aid Kit*

- Masks/Gloves/Gauze/Tape
- Emergency Phone Numbers and Contacts
- Antiseptic Supplies and Band-Aids
- Instant Cold Packs
- Hydrocortisone Crèam and Benadryl
- Scissors, tweezers, safety pins



