



## *Emergency Preparedness Check List*

We recommend you pack the following items in a portable, watertight and clearly labeled container. Store the container in a place that is easy to access. Check your container once or twice a year, replacing any supplies that are missing, have expired or have been damaged over time.

Emergency Supplies	First Aid and Emergency Medical Kit
<ul style="list-style-type: none"><li><input type="checkbox"/> Flashlight and batteries</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Battery-operated radio or hand-cranked radio</li><li><input type="checkbox"/> Matches in waterproof container</li><li><input type="checkbox"/> Utility knife</li><li><input type="checkbox"/> Paper and pencil</li><li><input type="checkbox"/> Cash, traveler's checks and coins</li><li><input type="checkbox"/> Signal flare</li><li><input type="checkbox"/> Blankets or sleeping bags, a change of clothing, rain gear, and sturdy shoes for each family member</li><li><input type="checkbox"/> Three gallons of water per person</li><li><input type="checkbox"/> Seven-day supply of ready-to-eat canned or packaged food</li><li><input type="checkbox"/> Toiletries (10-day supply of prescription medications, hand sanitizer)</li><li><input type="checkbox"/> Cell phone batteries and/or phone charger</li><li><input type="checkbox"/> Whistle</li><li><input type="checkbox"/> Plastic utensils, paper cups, plates, and paper towels</li><li><input type="checkbox"/> Garbage bags</li><li><input type="checkbox"/> Needles and thread</li><li><input type="checkbox"/> Plastic sheeting</li><li><input type="checkbox"/> Duct tape</li><li><input type="checkbox"/> Extra set of keys and IDs</li><li><input type="checkbox"/> Local map</li></ul>	<p><b>Stocking an emergency medical bag:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> First aid manual</li><li><input type="checkbox"/> Bandages, including gauze and bandage tape</li><li><input type="checkbox"/> Germicidal hand wipes or alcohol-based hand sanitizer</li><li><input type="checkbox"/> Antiseptic wipes</li><li><input type="checkbox"/> Non-latex gloves</li><li><input type="checkbox"/> Antibacterial ointment</li><li><input type="checkbox"/> Scissors (small, personal)</li><li><input type="checkbox"/> Tweezers</li><li><input type="checkbox"/> Prescription Drugs</li><li><input type="checkbox"/> Non-prescription medication, such as acetaminophen, ibuprofen, anti-diarrhea medicine, antacids and laxatives</li></ul>
	<p><b>Important Documents</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Wills, insurance policies, contracts, deeds, investments.</li><li><input type="checkbox"/> Passports, social security cards, immunization records, EIF.</li><li><input type="checkbox"/> Bank account numbers/credit card account numbers.</li><li><input type="checkbox"/> Inventory of valuable household goods.</li><li><input type="checkbox"/> Family records and photos (e.g, birth and marriage certificates).</li><li><input type="checkbox"/> Documentation to assist in identifying children who may be separated from their parents (e.g, photos, adoption records, birth certificates)</li></ul>

*Banner Medical Group is committed to being a proactive member of the national emergency management community, we encourage our patients, physicians, staff and their families to take action and prepare in advance for emergencies: Make a Plan, Be Informed, and Get Involved*

## **Important Emergency Phone Numbers**

Maricopa County Sheriff's Office	800-352-4553 or 602-876-1000
Arizona Department of Transportation	602-712-7355
Arizona Department of Emergency Management	602-244-0504 or 800-411-2336
Banner Poison Control	800-222-1222
Arizona Department of Health Services	602-542-1001
CDC	404-639-3311
Public Inquiries	404-639-3534 or 800-311-3435
FEMA	800-621-FEMA
AZ211.com	602-417-6993
Red Cross	602-336-6660 or 800-842-7349
FBI Phoenix phoenix.fbi.gov	(602) 279-5511

## **Emergency Contact Information**

Please fill in the names and contact information for the following:

**Call in case of emergency (ICE):** \_\_\_\_\_

**Alternate ICE:** \_\_\_\_\_

**Local Contact:** \_\_\_\_\_

**Nearest Relative:** \_\_\_\_\_

**Out of State Contact:** \_\_\_\_\_

**Work Contact(s):** \_\_\_\_\_

**Family Physicians:** \_\_\_\_\_

**Reunion Locations**

• **Right outside the home:** \_\_\_\_\_

• **Outside the neighborhood:** \_\_\_\_\_