

News Column for week of May 6, 2019

Kathy S. McEwan
Southwind Extension District
Family and Consumer Sciences

Be Prepared for Storm Season

The weather in Kansas can be unpredictable during any season, but Spring and early Summer often bring severe weather that can create crisis if you are not prepared. According to the American Red Cross, planning ahead and creating an emergency preparedness kit can go far in making sure you have what you need immediately if you are impacted by a severe storm.

At a minimum, you should have the basic supplies listed below:

1. Water: one gallon per person, per day (2-week supply for home)
2. Food: non-perishable, easy-to-prepare items, such as peanut butter and crackers, canned meats, nuts, dried fruits, trail mix, protein bars/granola bars, canned soup, powdered milk and cereal
3. Manual can opener
4. Paper plates, cups, plastic ware and garbage bags
5. Flashlight(s)
6. Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
7. Extra batteries for all electronics
8. Matches in a waterproof container
9. Family first aid kit
10. Medications and medical items for each family member (eye glasses, contacts, etc.)
11. Extra clothing, especially sturdy shoes, work gloves
12. Multi-purpose tool
13. Sanitation and personal hygiene items including towels, wet wipes, toothbrush & toothpaste
14. Copies of documents (medication list and medical history, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
15. Cell phone with chargers
16. Family and emergency contact information
17. Extra cash
18. Blankets and/or sleeping bags
19. Baby supplies (bottles, formula, food, diapers, wipes)

20. Games and activities (cards, small board games, etc.)
21. Pet supplies such as food, bowl, collar & leash
22. Extra set of keys to car and house
23. A whistle to signal for help

If you have a storm shelter or basement, you can assemble your kit by packing items into a tote or totes and store it in your place of shelter. You do not want to waste precious time trying to gather things when you should be taking shelter. Being prepared for an emergency is about staying safe during a disaster and about how to stay comfortable, clean, fed, and healthy afterwards.

Take a little time to prepare your emergency kit now, before it is needed, so that you can have peace of mind.

For more tips and ideas, contact Kathy in the Southwind Extension District office at kmcewan@ksu.edu or by phone at 620-365-2242.