HOW TO BUILD YOUR OWN FAMILY SURVIVAL KIT
Did you know???

Disasters may strike quickly and without warning. These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine. You and your family will probably be in a state of panic when disaster happens.

It is important that you have already prepared the things that you and your family will need to survive.
HOW DO YOU PREPARE YOUR FAMILY FOR A DISASTER BEFORE IT STRIKES?
The basic family survival kit is specially designed for every family which shall be used only during calamity/disaster. It contains basic but important things for survival.

IN CASE OF EMERGENCY
BREAK GLASS

FOR HOW LONG???
Content of this should last for 2-3 days.

FAST FACTS:
* Families are oriented, prepared and have the Family Survival Kit readily available during disaster.
* A well prepared and sustainable community in times of disaster or emergencies with this family survival kit.
WHAT IS A FAMILY SURVIVAL KIT?

It is a kit which contains basic materials and life saving measures that can be used whenever families have no access to basic goods because of a disaster or an emergency.

Let’s take a peek on what’s inside the survival kit:

1. Battery powered radio - for gathering information on the updated news and events.

2. Flash lights - for signal purposes during night and power failures.

3. First aid kit - for treatment or immediate care of injured individuals. Over-the-counter medicines for pain relief of headache, stomach ache, diarrhea, etc. should also be included.

4. Potable water - water enough for your family that can be used for drinking and cooking. Water should be stored in a plastic sealable container.

5. Ready to eat food & food with long shelf life - this minimize foods that takes a long time to prepare.
6. Whistle - for emergency signals to call attention.

7. Dust mask - for protection against dust, dirt and bad stench.

8. Spare batteries - for support in times of power failure. For radios & flashlights, etc.


12. Utility rope and cord - for tying of materials and equipment during emergency.
WHAT ELSE DO WE NEED???

A. FIRST AID KIT

ASSEMBLE A FIRST AID KIT FOR YOUR HOME OR IN YOUR COMMUNITY:

- Triangular Bandage
- Scissors
- Safety Pins
- Alcohol
- Povidine Iodine
- Bath Soap
- Thermometer
- Hot Water Bag and Ice Pack
- Tongue Depressor
- Gauze Pads
- Sterile Adhesive Strips
- Hypo Allergenic Adhesive
- Cotton
- Medical/Surgical Gloves
- Tweezer
- Utility Knife
- Forceps
- Hard Candies
B. Important Family Documents

- Keep these records in a waterproof, portable plastic container:
  - Will, insurance policies, contracts deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies

**OTHER REMINDERS:**

* Inventory of valuable household goods, important telephone numbers

* Family records (birth, marriage, death certificates)

* Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.

* Keep items in airtight plastic bags. Change your stored water supply every 3 months so it stays fresh. Replace your stored foods, canned goods every six months. Re-think your kit and family needs at least once a year. Replace batteries, clothes, etc.

* Ask your physician or pharmacist about storing prescription medicines.

* Assign a meeting place like a house of a relatives living nearby or in another village/barangay just in case family will be separated during emergencies/disasters. Know the contact number of the person.
C. SPECIAL ITEMS

- Remember family members with special requirements, such as infants and elderly or physically challenged individuals.

For Babies

- Diapers
- Feeding bottles
- Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Do you know what’s in your survival kit???
Check if the ff. is present in your kit.

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<thead>
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<th>ITEM IN MY PREPAREDNESS KIT</th>
<th>YES</th>
<th>NO</th>
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<tbody>
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<td>WATER</td>
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<td>FIRST AID KIT</td>
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Encircle the important things that you need to put in your first aid kit.