

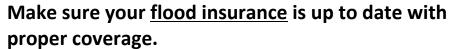


### First Aid and Non-Prescription Drugs

#### **FIRST AID KIT**

Assemble a	a first aid kit for your home and one for each car.
(1) (2) (2) (2) (1) (2) (1) (2) (6) (2) Addr Coll	adhesive bandages, various sizes  "" x 9" sterile dressing  "" x 9" sterile dressing  "" x 9" sterile gauze bandage  "" x 3 sterile gauze pads  "" x 4 sterile gauze pads  "" x 4 sterile gauze pads  "" cohesive bandage  "" germicidal hand wipes or waterless alcohol-based hand sanitizer  "" antiseptic wipes  "" pair large medical grade non-latex gloves  "" sesive tape, 2" width  "" bacterial ointment  "" d pack  "" ssors (small, personal)  "" eezers  "" breathing barrier, such as a face shield
NON-P	RESCRIPTION DRUGS
☐ Ant☐ Ant☐ Lax	oirin or non-aspirin pain reliever ti-diarrhea medication tacid (for stomach upset) tative tivated charcoal (use if advised by the American Association of Poison Control Centers)





If your home isn't located in a flood zone, that doesn't mean you don't need to have the proper precautions in place, including flood insurance — especially in Florida. Hurricanes are unpredictable and dangerous, and the water they produce is more deadly than the wind. It's important to remember that water doesn't stop at a line on a map.

# Get <u>bug spray</u> for the entire family, including your pets.

In addition to the waves of both water and frustration a hurricane brings, there are tides of mosquitoes to content with. Those nasty 'skeeters are annoying and could spread disease, so protect your family with an EPA-registered insect repellent. And don't forget about your furry family members — the DEET often found in human repellents can harm your pets, so make sure they have their own animal-friendly product!



# <u>Chlorine bleach</u> can be your best friend when it comes to keeping clean through a hurricane.

Bleach can be used to disinfect a wide variety of things, but the most important one is water. The FDA advises using ½ teaspoon of bleach per 1 gallon of water – it'll be safe to drink in just half an hour!



# <u>Laminate</u> copies of important documents for extra protection.

Keeping essential documents in waterproof bags might do the trick – but if you want the ultimate peace of mind, make copies of your identification and important documents and then laminate them. Don't forget to print out a contact information sheet so you'll have the names and numbers you need in case your phone dies and you're unable to connect to power.



#### Keep a list of what's in your <u>fridge!</u>

With an inventory of your refrigerator's contents, you'll know exactly what's inside – minimizing how many times you open the door out of boredom, wondering what there is to eat. Take it a step further by mapping out where each product is – you'll be able to grab exactly what you need in a matter of seconds, preserving the precious cold air that's keeping your food from spoiling.

#### Keep yourself cool with a battery-powered fan.

Once the A/C is out, the notorious Florida humidity will start creeping up in no time. Stay comfortable with a battery-powered fan, and don't forget those extra batteries! If the power goes out during a colder time of the year, have some hand warmers ready to go.