

Emergency Instructions

- 1) Take control of the situation by establishing calm and order.
- 2) Follow your Emergency Response Plan.
- 3) Use the supplies in your **LifeSecure™ Emergency Response Kit** before opening this kit.
- 4) Pull zip seal on lid to open bucket.

Keep everyone well hydrated

- Each person should drink a minimum of 8 oz. of water per day. This is the equivalent of 2 4-oz. **water pouches**.
- To avoid premature or unequal water consumption, distribute water pouches only when it is time to drink. Depending on anticipated length of stay and the amount of clean water available, delay drinking for the first several hours unless you or others are sick, injured or in desert conditions.
- Drink one pouch every 12 hours. Save empty pouches and fill with additional drinking water when necessary.
- Drink water in pouches first.

Purify any additional water you intend to drink

Use **5-gallon bucket** to collect, carry and purify additional water.

In a major emergency, assume even tap water must be purified.

To purify the water:

- 1) Fill bucket with water to line indicated on the outside of the bucket (2.5 gallons).
- 2) Add **20 water purification** tablets. Water may take on color of the tablets.
- 3) Loosely cap bucket with lid to allow a small amount of airflow.
- 4) Wait 5 minutes.
- 5) Stir water with **stir stick** until the tablets dissolve. Gently shake the bucket until the entire inside rim of the bucket lid is moistened. Don't worry if a small amount of water spills out. Close lid tightly on bucket.
- 6) Wait 30 minutes before drinking.
- 7) Empty 4 oz. pouches can be used to store and drink purified water poured from bucket.
- 8) Repeat steps as needed.

Maintain proper nutrition levels

- Each person should eat one individually wrapped **food bar** every 6 hours (4 per day).
- Each outer package contains 12 individually wrapped bars of 200 calories each.
- To avoid premature or unequal consumption, distribute individual food bars only when they are to be eaten.
- For conservation: Do not eat food for first 6 hours of an emergency.

Allergy Warning: The enclosed food bars contain the following ingredients: wheat flour, vegetable shortening, cane sugar, water, coconut and salt. Please provide alternative food if necessary.

Keep everyone warm, dry and well protected from the elements

- Emergency **thermal blankets** provide a waterproof and windproof barrier.
- For optimal warmth, cover individual with blanket once they are in fetal position.
- Each blanket retains and reflects back up to 90% of your body heat.
- For individuals in shock, lie them down and cover them with blanket.

Keep area illuminated whenever possible during awake hours

- Remove **light stick** from foil wrapper, bend, snap and shake.
- Light stick will glow up to 12 hours.
- Once light stick has been activated, it cannot be deactivated.