

Emergency Instructions

Use with LifeSecure™ Personal 3-Day Emergency Response Kits (1 per person) for 3 days of support during a disaster or severe emergency.

Family Basics 3-Day Emergency Pack

For 1 to 4 people

To complete this pack:

- 1) Insert important documents and update them regularly.
- 2) Follow the instructions in **Complete Your 3-Day Emergency Kits In 3 Easy Steps**

Last date of update:

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Family Emergency Plan

Every family should have an All-Hazards Emergency Plan in place to prepare for major emergencies and natural or man-made disasters. Update your plan annually and keep a copy in the waterproof document pouch. Visit www.ready.gov and www.redcross.org/services/disaster/beprepared/familyplan.html for information on creating a Family Emergency Plan.

Important Documents

Keep copies of important records in the document pouch: identification, insurance policies, bank and financial records, and medical information.

Additional supplies

Add additional items to meet your specific personal needs. See recommendations in **Complete Your 3-Day Emergency Kit in 3 Easy Steps** or visit www.lifesecond.com for more information.

Emergency Contacts:

Emergency Instructions

- 1) Remain calm, calm others, think clearly and assess your situation.
- 2) Follow your Family Emergency Response Plan
- 3) Use the supplies in this pack and in the **LifeSecure™ Personal 3-Day Emergency Response Kits** to manage the emergency situation.

Turn off Utilities as necessary

Multifunction tool (1): Use tool to turn off utilities such as water and gas if pipes may have broken in the disaster. It is especially important to turn off the gas to avoid a potential explosion. Multifunction tool is useful for many other emergency applications.

Leather palmed work gloves (1 pair): Use gloves to protect hands when using multifunction tool or doing other tasks.

Attend to any injuries

First Aid Kit (1) and First Aid Guide (1): With the help of the First Aid guide, use the supplies in the First Aid Kit to attend to any injuries.

Keep everyone dry and protected

Duct tape (1) and plastic sheeting (1): Use tape and sheeting to seal doors and windows if necessary for “shelter-in-place” scenario. Consult www.ready.gov for details on preparing a “shelter-in-place”. Tape and sheeting can also be used to provide ground cover or overhead protection when outdoors.

For communication and light

AM Radio with extra batteries (1): Use to monitor news reports and directives from local authorities.

Notepad (1) and pen (1): For use in communication or to note important information.

Flashlight with extra batteries (1): Provides light in an emergency.

Keep everyone well hydrated

Waterbag (1) and water purification tablets (50): Use water bag to collect, carry and purify additional water. In a major emergency, assume even tap water must be purified.

To purify the water:

- 1) While holding above the ground by the handle, fill water bag with water to line indicated on the bag (2 gallons).
- 2) Add 16 **water purification tablets**. Water may take on color of tablets.
- 3) Loosely close the water bag to allow a small amount of airflow.
- 4) Wait 5 minutes.
- 5) Shake the bag gently to mix until the entire inside of the bag including the neck is moistened and tablets are mostly dissolved. Don't worry if a small amount of water spills out. Close the bag tightly.
- 6) Wait 30 minutes before drinking.
- 7) Empty 4 oz. water pouches can be used to store and drink purified water poured from water bag.
- 8) Repeat steps as needed.

Maintain proper bathroom sanitation

Biohazard bags (3) and roll toilet paper (1): If you do not have access to bathroom facilities, use the biohazard bags and toilet paper to maintain proper personal hygiene.

To Supplement this Emergency Pack:

You may wish to purchase these additional Emergency Packs available at www.lifesecond.com:

Cold Weather Emergency Pack: Essentials for surviving outdoors in cold weather.

All-Season Shelter Emergency Pack: Tent and supplies for sheltering outdoors.

Hygiene Emergency Packs: Male or Female basics for maintaining proper hygiene.

Carry-Flat™ Portable Toilet Emergency Pack: For sanitation convenience, compact toilet and supplies that can be carried flat in a backpack or duffel bag.