



SHELTER-IN PLACE / STAY AT HOME KIT

Shelter-in-place is the practice of remaining indoors during an extended power outage or release of toxic substance rather than evacuating the area:

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| WATER | Two litres per day per person, change your stored water supply every six months to ensure it stays fresh |
| FOOD | Non-perishable food and selected foods that do not require refrigeration, preparation or cooking, such: <ul style="list-style-type: none">• Ready-to-eat canned meats, fruits and vegetables• Canned juices, milk and soup• Sugar, sault, pepper, spices• High-energy foods (peanut butter, jelly, crackers, granola bars and trail mix)• Foods for infants, elderly people or people on special diets• Comfort/stress foods – cookies, hard candy, sweetened cereals, instant coffee, tea bags and hot chocolate• Food and water for your pet |
| FIRST AID SUPPLIES | <ul style="list-style-type: none">• Pain relievers• Anti-diarrhea medication• Sunscreen• Antacid• Laxative• Allergy medications/Epi-pen for allergic reactions• Prescription drugs |
| CLOTHING AND BEDDING | <ul style="list-style-type: none">• One change of clothing and footwear per person• Sturdy shoes or work boots• Rain gear• Blankets or sleeping bags• Hats, gloves and scarves• Thermal underwear• Sweaters |
| SPECIAL ITEMS | <ul style="list-style-type: none">• Identification documents• Health cards• Bank account, credit cards numbers and cash• Photos of family members in case you are separated• Insurance policies |
| TOOLS AND SUPPLIES | <ul style="list-style-type: none">• Disposable cups, plates and utensils and storage containers• Battery-operated radio• Lantern and fuel, candles• Fire extinguisher• Duct tape• Pliers, hammer, nails, crowbar, shut-off wrench for household gas and water• Compass, matches in waterproof container, signal flare, whistle• Paper, pencil, needles and thread• Map of your community for shelters location• Soap, liquid detergent and unscented household chlorine bleach• Waterless hand sanitizer• Plastic garbage bags• Plastic bucket with tight lid• Emergency blanket• Mosquito repellent• Rope and shovel• Pocket knife or multi-tool• Plastic sheeting |