



## COPE Emergency Preparedness Kits

Citizens Organized to Prepare for Emergencies



**Emergency Preparedness Kits** should be considered for your **home, car, and office** to provide **food, water, and medical supplies** for a minimum of 3-5 days of being isolated following an earthquake or other major community disaster. You may be without water, electricity, and utilities for a week or more. Families and neighborhoods need to be ready to survive on their own.



### Sample Home Preparedness Kit in Plastic Garbage Can

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Paper Towels Toilet Tissue Sanitary Napkins	First Aid Kit Medicines Extra Glasses Extra Cash	Pencils Paper Books Important Documents
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Toothpaste Toothbrush Bar Soap Shampoo Liquid Cleaner Liquid Bleach Other Hygiene	Scissors Plastic Utensils Can Opener AM/FM Radio	Flashlights Batteries Matches Candles Duct Tape Whistle
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Blankets Extra Shoes/Clothes Towels Sweaters	Non-Perishable Food: Canned Foods Nutrition Bars Boxed Juices Vitamins Peanut Butter Boxed Foods Candy, Nuts, Dried Fruits & Crackers
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Sterno Stove Canned Sterno Cooking Pot String, wire Aluminum Foil Plastic Dishes Food and Garbage Bags	Bottled Water - at least a gallon per person/day
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**City of Santa Rosa  
Emergency Preparedness  
630 Third Street  
Santa Rosa, CA 95404  
707-543-3711**

A list of California Emergency Preparedness Kit Vendors is available at:  
<http://www.sonomacounty.org/des/disaster-kits.htm>

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