



12 Months of Preparedness



February Newsletter

Make A Plan

Whether you are new to the program, or back for month 2, please review the January activities (complete the “Family Communications Plan” and purchase a duffle bag or storage bin for your emergency Go-Kit).

The “Item of the Month” for February is *WATER*. Why? In a disaster, fresh water can be contaminated, not drinkable, or unavailable for a couple days following the incident. Having a supply of clean water for drinking, food preparation, and hygiene is a top priority.

The American Red Cross recommends storing one gallon of water per person and pet per day (two quarts for drinking, two quarts for food preparation/sanitation). In an emergency, drink at least 2 quarts of water a day, 3 to 4 quarts a day if you are in a hot climate, pregnant, sick or a child. If supplies run low, don’t ration water. Drink the amount you need today and look for more tomorrow. Don’t risk dehydration.

Continue To Build Your Kit

- Water
 - At least one gallon of water per person/pet, per day for three days
- Other Liquids
 - Canned juices
 - Instant coffee
 - Tea
 - Cocoa
 - Fluids with electrolytes, such as but not limited to, Gatorade*, Pedialyte*, POWERAIDE*
 - Evaporated milk
 - Canned prepared breakfast drinks
 - Ready-made infant formula
 - Your family’s prepared favorite drink
- Bleach - for purifying/sanitizing
 - Regular household liquid bleach, non-scented

Remember to watch the expiration dates and rotate your stock. It is recommended to replace water every 6 months.

* The Oak Creek Health Department does not endorse any specific product. Trade names were used as a visual aid only.

Be Informed



Safe Water Storage

- Maintain water for consumption in clean, sealed, plastic containers.
 - Preferably in store-bought, factory-sealed water containers
 - If you must use an alternate container, use food-grade-quality containers made for storing water, available from sporting goods and surplus stores. These containers must be thoroughly washed, sanitized, and rinsed. The water you store in them, if it is from your tap, may need to be treated before being stored.
- Store in cool, dry place in your home near your “Go Kit”.
- For additional preparedness, store water in each vehicle, and at your workplace.

Remember that containers may need to be sanitized before using them to store safe water:

1. Use bleach that does not have an added scent (like lemon).
2. Add 1 teaspoon (64 drops or 5 milliliters) of household liquid bleach to 1 quart (32oz, 4 cups, or about 1 liter) of water.
3. Pour this into a clean storage container and shake well, making sure that the solution coats the entire inside of the container.
4. Let sit at least 30 seconds, and then pour out the solution.
5. Let air dry, OR rinse with clean water that has already been made safe, if available.

Safety Reminders:

- Never mix bleach with ammonia or other cleaners.
- Open windows and doors to get fresh air when you use bleach.

Make Water Safe

After a natural disaster, water may not be safe to use. Germs and chemicals may be in the water. Listen to local officials to find out if your tap water is safe. They will tell you if there are germs and/or chemicals in the water. Listen for instructions.

- Boil water if instructed. Boil it for at least 1 minute (start counting when the water comes to a constant boil). Let the water cool sufficiently before drinking. Boiling kills germs in the water. If sterile water is needed, water should be placed in a pressure cooker at 250 degrees F for 15 minutes.
- Use bottled water if instructed. Sometimes after a disaster, there may be chemicals in the water that boiling cannot remove.

- Chlorine, bromine or iodine tablets suitable for use on camping trips may be used according to specified instructions. Do not use tablets beyond the expiration date.
- If you must use water to make formula *for infants*, use only commercially-bottled water until officials say your tap water is safe to drink.

If a Disaster Catches You without a Stored Supply of Clean Water

Adding some bleach helps make water safe to use. REMEMBER TO LISTEN TO LOCAL OFFICIALS TO FIND OUT IF YOUR TAP WATER IS SAFE.

If tap water is clear:

1. Use bleach that does not have an added scent (like lemon).
2. Add 1/8 teaspoon (8 drops or about 0.75 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.

If tap water is cloudy:

1. Use bleach that does not have an added scent (like lemon).
2. Add 1/4 teaspoon (16 drops or 1.5 milliliters) of household liquid bleach to 1 gallon (16 cups) of water.
3. Mix well and wait 30 minutes or more before drinking.

Remember to:

- **Never** drink the water unless you know it is safe.
- **Never** wash or clean dishes, utensils, toys, or other objects in the water unless you know it is safe.
- **Never** bathe in the water unless you know it is safe.
- **Never** cook with the water unless you know it is safe.
- **Never** brush your teeth with the water unless you know it is safe.
- **Never** use the water to make ice unless you know it is safe.