

## **Recommendations for Individual Shelter-in-Place Preparedness:**

In the event of any conditions restricting one's normal ability to come and go freely, such as a winter storm, individual households will cope better with the situation if prepared to Shelter-in-Place. In some cases, the conditions requiring shelter-in-place may also lead to utility outages. With modest planning and stocking of some supplies, such an occurrence can be minimally inconvenient. Many of the items listed below will likely be in your household already. It is important to consider your own personal needs, particularly if you have a sensitive medical condition, and prepare accordingly.

This is intended as a basic guideline that you can print (in case the power goes out) and save near your flashlights and the other essential supplies.

For more information on planning for emergencies of various kinds, please visit <http://www.fema.gov/>, [www.ready.gov](http://www.ready.gov) or call 1-800-BEREADY, <http://www.redcross.org/prepare>, and <http://www.redcrossstore.org>.

### **1. Essential supplies:**

- a. Obtain an emergency supply kit ([www.ready.gov](http://www.ready.gov) or [www.redcross.org](http://www.redcross.org) for further information) or create your own.
- b. Non-perishable foods (examples: canned foods, dried fruit, nuts and nut butters, snack bars, pet food). Replace yearly.
- c. Drinking water, 4-6 gallons per person minimum, replenish with fresh water every 6 months; store in dry, cool place
- d. Prescription/over-the-counter medications and first-aid supplies and medical items

### **2. Important provisions:**

- a. Enough supplies for each person/pet in home for a minimum of one week
- b. Alternative heat source (e.g., gas fireplace)
- c. Working flashlights and extra batteries; matches
- d. Manual can opener
- e. Clothing for warm layered dressing, rain gear, gloves, hats, sturdy shoes
- f. Sleeping bags or 3 blankets per person
- g. Corded land line telephone that will function during a power outage
- h. Cell phones with chargers that can be plugged into automobile lighter/power outlet
- i. Portable battery-operated or hand-crank radio
- j. Disposable plates, utensils, paper supplies
- k. Ice chests
- l. For pets, stock extra food, water, bedding, blankets, litter, sweater, etc.
- m. Moist towelettes, anti-bacterial soap and wipes, garbage bags and plastic ties for personal sanitation (important if water supply is interrupted)

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### **3. Useful provisions:**

- a. Propane-fueled camp stove and extra propane canisters
- b. Ice cleats
- c. Hot water bottle
- d. Air activated hand and toe warmers
- e. Light sticks
- f. Water purification tablets or filter system
- g. Home generator. This should be considered by anyone who is medically dependent upon electricity.

### **4. Stay informed about weather and road conditions:**

- a. Know the area's weather patterns
- b. Listen to emergency reports and instructions provided to media on local radio and television stations, NOAA Weather Radio, Internet sources providing severe weather alerts, <http://www.ashevillenc.gov/>
- c. Stay alert to Weather advisories: Register to receive alerts at [Emergencymail.org](http://www.emergencymail.org)
- d. For more information about preparing for emergencies, go to <http://www.fema.gov/> and <https://www.redcross.org/>.

### **5. Report outages:**

- a. Power outage: Duke Energy Progress, Telephone: 800-419-6356, **or** 911
- b. Water outage: Contact Beaverdam Run's Water Services Committee

### **Resources:**

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