

Get Going! Get emergency kit ready!

Every family should have an emergency kit in their home. If there is an earthquake or a hurricane, for instance, there could be a power cut, or the water could get polluted. You might be stuck at your home for several days because of a storm or a flood. Having an emergency kit ready could help if anything like this happens. Your family will probably never need it, but it's best to be prepared.

With the help of your parents, get your emergency kit ready in a single plastic bag, so that you can find it easily in the case of a disaster. Your emergency kit include the following supplies:



1. A First-Aid Kit

The first-aid kit should contain, among other things, alcohol, cotton wool, bandages, gauze, painkillers, sterilized water and burn ointment. The Red Cross or the your community health centre will be able to advise you about what else to include.



2. Food and Drink

It is advisable to keep non-perishable food supplies. In other words, food that won't spoil out of the fridge, such as canned food. There should be enough food for three days. It is better if the food does not have to be cooked. Don't forget the can opener! And don't forget water and some chlorine to purify it.



3. Clothes

It's a good idea for each family member to have a spare change of clothes, including waterproof boots and a raincoat, as well as some warm blankets in case you have to sleep outdoors, just as if you were camping!

Other things you can put in the kit

Flashlight and spare batteries (because there may be a power cut), paper and pencils, portable radio, matches, candles, a can opener, and hygiene items such as soap and toilet paper.

Don't forget these things need to be checked regularly to be sure that they work well. Check the expiry date on any tinned food.

You can also put in a backpack some of the things that are important to you, such as a toy, pens and paper, or something else that you care about.

What else would you like to include?

