



TIP OF THE MONTH #7  
MARCH 2021

*IS YOUR GRAB-AND-GO BAG READY?*

**From the GHNA Disaster Preparedness Committee**

Should we ever have to evacuate Garfield Heights or our places of work we have provided a list of items you may consider packing in your *Grab-and-Go Bag*.

Review the list below and start thinking of how you might prepare your bag(s). Some items may be best packed in advance, and others to be gathered last minute.

Tip: Keep a copy of your checklist in your bag.

**Important Pointers From the Experts:**

- Prepare three *Grab-and-Go Bags* for each member of your family:
  - 1) Entryway to your home
  - 2) In your office/place of work
  - 3) For your car
- Refresh/replace any items that might lose power or expire, such as batteries or food, at least once a year.
- Go through your home and video-record everything you own for insurance purposes. Open all of your closets as you film.
- Since mail service, internet, and power might be disrupted for several days, set up direct deposit in your bank account for any form of income (checks, salary, pension, social security, etc.). Set up auto-payment for monthly bills so that you don't miss any payments.
- Keep your car's gas tank at least half full whenever possible to avoid long lines at gas stations after a disaster. Your car will be useful to power computers and recharge cell phones.

## ***GRAB-AND-GO BAG CHECKLIST:***

1. Medical info including list of prescriptions, doctor's info.
2. Medicines
3. First Aid kit (See Tip of the Month #4)
4. Protective masks and goggles
5. Spare eyeglasses, contacts & cleaning solution
6. Sturdy shoes
7. Extra clothes
8. Emergency cash in small denominations
9. Pets and pet equipment and food
10. Irreplaceable personal effects and important documents e.g., driver's- license passport, birth certificates, insurance documents
11. Important photographs
12. Access to computer records: Laptops and computer hard drives, thumb drives, access to the cloud
13. Seal-able Bags for Trash
14. Pen, Pencil, Paper
15. Cell phones and chargers (inc. solar charger)
16. Flashlight and extra batteries or solar powered
17. Toiletries, toothbrush
18. Toilet Paper, hand shovel
19. Extra Keys
20. Games, crayons, books
21. Bottled Water, Snacks (e.g. energy bars)
22. Pre-moistened towelettes
23. Blankets, space blanket or sleeping bag
24. Tools including multi-use tool to shut off the gas and bottle and can opener
25. Fire extinguisher
26. Road Maps
27. Whistle
28. Wind-up/crank radio

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For more tips on preparing for a disaster, visit [www.garfieldheights.org](http://www.garfieldheights.org) under DISASTER PREP.



## **GARFIELD HEIGHTS NEIGHBORHOOD ASSOCIATION**

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