

What Is This Stuff?

Portable radio with extra batteries



Portable radios come in all different shapes, sizes, and prices (you can get really cheap ones for as low as \$2.00). Consider getting a radio that doesn't run on batteries – there are radios that have a handle that you crank to provide the electricity. (A general estimate is that if you crank for one minute the radio will run for about 10 minutes.)

NOAA weather radio



(examples of different kinds of NOAA weather radio)

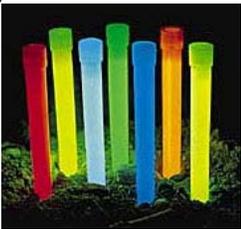
NOAA Weather Radio All Hazards (NWR) is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office. NWR broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day. NWR requires a special radio receiver or scanner capable of picking up the signal -- the broadcasts cannot be heard on a simple AM/FM radio receiver.

Consider purchasing an NWR that is programmable by county (otherwise it will go off any time there is an alert anywhere in the state). This technology is called "SAME." A radio that is programmable in this way will be clearly labeled. For more information on using NWR SAME, go to: <http://www.weather.gov/nwr/same.htm>

There are many receiver options, ranging from handheld portable units (which just pick up Weather Radio) to desktop and console models which receive Weather Radio in addition to other broadcasts.

Receivers can be found at many retail outlets, including electronics, department, sporting goods, and boat and marine accessory stores and their catalogs. They can also be purchased via the Internet from online retailers or directly from manufacturers. For more information on receivers, go to: <http://www.nws.noaa.gov/nwr/nwrrcvr.htm>

Light sticks



With a bend, snap and shake, light sticks provide a light source that is safe, dependable and non-heat producing. They are unaffected by wind or rain, and are perfect for a wide variety of applications. Safer than flashlights that can produce sparks, these lightsticks are ideal for use where explosive gases may be present. They provide dependable, instantaneous, and sustainable light that is non-flammable and does not produce heat or sparks. They are unaffected by extreme weather conditions and can even be used underwater.

Signal flare



Flares are commonly used as distress signals, and may be ignited on the ground or fired as an aerial signal from a pistol-like flare gun. Flare guns are commonly found in marine survival kits. You can purchase them on the web from companies that sell police/fire/EMS supplies and also from automotive stores.

<p>Plastic sheeting</p>	<p>You can get plastic sheeting at any hardware store. You can get a huge roll of it for around \$10. It's clear plastic and much larger than most tarps. If there were an order to temporarily shelter in place, plastic sheeting could be used to cover windows, doorway and air vent in an inside room to reduce the exchange of outdoor air.</p>
<p>Small canister. ABC-type fire extinguisher</p> 	<p>The ABC type of fire extinguisher is a multipurpose dry chemical extinguisher. It is suitable for a combination of class A, B and C fires. It is filled with foam or powder and pressurized with nitrogen. It is also filled with monoammonium phosphate, which is a yellow powder that leaves a sticky residue that may be damaging to electrical appliances such as a computer.</p> <p>Note: Don't get a water, or APW extinguisher because it is only suitable for class A fires. Remember that you should NEVER use a water extinguisher on grease fires or electrical fires - the flames will spread and make the fire bigger!</p> <ul style="list-style-type: none"> • Class A extinguishers are for ordinary combustible materials such as paper, wood, cardboard, and most plastics. The numerical rating on these types of extinguishers indicates the amount of water it holds and the amount of fire it can extinguish. • Class B fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. The numerical rating for class B extinguishers indicates the approximate number of square feet of fire it can extinguish. • Class C fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires - the risk of electrical shock is far too great! Class C extinguishers do not have a numerical rating. The C classification means the extinguishing agent is non-conductive. <p>For more information on fire extinguishers, go to: http://www.fire-extinguisher101.com/</p>
<p>Tube tent</p> 	<p>The tube tent is a tent that can be rigged up to provide simplistic shelter, such as an A-frame between two trees or hiking poles. There are no ties or grommets for stakes. To flair out and anchor the tent, you can use makeshift heavy objects like stones and logs as well as gear. This tent is small enough to roll up and fit in your pocket. Sets up in a minute. Weatherproof poly, 8 ft. long. Rope included. Poles not included. Flame Retardant. Wt. 18oz.</p>

First Aid Supplies

You can get first aid supplies at any pharmacy. Here are a few examples.

<p style="text-align: center;">Adhesive bandages, various sizes</p> 	<p style="text-align: center;">Large sterile dressing</p> 	<p style="text-align: center;">Sterile gauze pads, roller gauze</p> 
<p style="text-align: center;">Triangular bandages</p>  <p style="text-align: center;">Can be used for slings, to secure splint materials, dozens of uses.</p>	<p style="text-align: center;">Disposable gloves</p> 	<p style="text-align: center;">Surgical masks</p>  <p>A surgical mask will help stop you from transmitting germs to others. An N95 mask is a tighter fitting mask that is used by people in healthcare and industry. An N95 mask made for medical use can help prevent germs from getting to you.</p>
<p style="text-align: center;">Cold pack</p> 	<p style="text-align: center;">Antiseptic towelettes</p> 	<p>Unscented chlorine bleach to treat drinking water and for sanitation (you can get any kind of chlorine bleach). To prepare water for drinking use 15 drops of bleach per gallon. Stir well and let it sit for 30 minutes. Smell it – if you do not faintly smell bleach repeat the process. To prepare water for cleaning, use one part bleach to 10 parts water – mix well.</p>



Office of Emergency Preparedness
625 Robert St. North, PO Box 64975
St. Paul, MN 55164-0975
(651) 201-5700

www.health.state.mn.us/oep

August 2009