



Global*Access, LLC

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Crisis Kit Recommendations

**Notify local first responders with address and that individuals with special needs reside there in order to ensure that they are checked on

Item	Where to purchase	How to use	When to use
Solar lights,	Dollar tree, many locations	Place outside during the day, use indoors when dark	No power
Flash light	Anywhere, battery operated lanterns are also helpful	For light	No power
Solar Camping shower	Walmart under \$10	If sunny, fill with water and place outside. Can also use heated water if you have power but no water	No water, no power
Cooler	anywhere	Will need ice, keep items cool (it's easier and less expensive to get a bag of ice to keep a few items cool than it is to eat out)	No power How Long Will Food Last in the Fridge if the power is out? But, the refrigerator will only keep food safely cold for about four hours if unopened during a power outage, according to the USDA. A full freezer will hold the temperature for about 48 hours if full (24 hours of half full), the USDA says.Aug.29, 2011
Small battery-operated radio	Anywhere, pharmacies, Family dollar -under \$10 Hand crank radio is another option, info below	With batteries Or hand crank Store batteries SEPARATE from items to prevent leakage	To find out emergency information, when loss of power or water

Drinkable Water	Anywhere, gallons are less expensive than bottles of water	Drinking, hygiene, cooking- use older/potable water for cleaning, washing, flushing toilets	Loss of water-1gal per person per day(needs rotated every 6 months- "old water" becomes potable)
Water carrier	Anywhere, water carriers in bulk should be less than \$5 each	Either store with water for drinking cooking or hygiene needs or keep on hand for water buffalos	Loss of water
Manual can opener	Dollar Tree- \$1	Some people may not know how to use	Loss of power- instruction on how to use are attached
Cleaning wipes and Body wipes	Anywhere- cleaning wipes -such as Lysol or Clorox and body wipes or "baby wipes"	For hygiene and cleaning	Loss of water or power
Sleeping bag	Anywhere	warmth	Loss of heat/power, sleeping bags retain heat better than just a blanket
Solar charger	Under \$30- info below on an example	Use the sun to charge has ports for charging phone	Loss of power for essential phone needs during an emergency
Non perishable food for 3 days minimum	Anywhere, kits are available for convenience	Additional info below	Loss of power
Medication- 3 days to 2 weeks	Most medications can be filled on the 28 th day allowing for some to be designated for emergencies	As prescribed	Unable to get to the pharmacy
Toothbrush and tooth paste, deodorant	Anywhere- Dollar Tree	Small bag of toiletries is nice to include for caregivers/staff	If cannot leave
Toilet paper	Anywhere	Self explanatory	Any disaster, if cannot leave
Adult Briefs	Anywhere	If needed	If cannot leave
Feminine Hygiene products	Anywhere		
Battery operated fan	Walmart, Amazon, camping supply location	If power is out and its hot, very helpful	Power outage
Road Map	Free from WV Division of Tourism (1-800-CALL-WVA or 1-800-225-5982) also	May need to train caregivers/staff on how to read a paper map	If evacuated or if travel is needed in a power outage

	available at travel welcome centers and some rest stops		
Small generator	Many locations One option: Amazon-PowerSmart PS50 1000W 2 Stroke Manual Start Portable Generator- \$97.19	Caregivers/staff may need trained on how to use	For people that need power for medical equipment or medications that needs refrigeration
Extra batteries	Dollar tree, anywhere	For anything that needs batteries	No power
Plastic tubs with lids At least 2 (drill holes and use zip ties to keep closed until needed to prevent items being used for other purposes)	anywhere	Use one or more for non-perishable food storage, one for items on this list	During an emergency or crisis

Additional helpful items

1. List of local shelter locations
2. Single burner camping stove and cookware appropriate for it-include training at least in written form. Ensure outdoor only use.
3. Coffee- French press or old-fashioned percolator
4. Paper plates, cutlery, hot and cold cups, paper bowls
5. Landline/House phone- Frontier offers a special rate of \$22.00 (rates vary slightly depending on where you live) for qualified individuals through a federal program called **Lifeline**. If the power is out, landlines typically still work if you have a corded phone (not cordless which requires electricity) Additional information can be found here:

<https://frontier.com/resources/discountprograms/lifelineprogram/west-virginia>

NOTE: This program is not generally offered if you call for service. You must ask for it. Rates vary a bit depending on where you live. This is a “basic phone line” for local community calls, 1-800 numbers and 911 only. Long distance calling at this rate is not available (can be added for additional cost). Service for installation is free and you can move or transfer for free as well. The discount may also be applied to internet service and installation instead but not both (you can choose). There is an application that must be completed (attached) and a worksheet. Proof of income or benefits (listed below) are required. Individuals qualify for this program automatically if they currently receive the following benefits:

- Medicaid (also known as Mountain Health Trust)
- Supplemental Nutrition Assistance Program (SNAP) formerly Food Stamps
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- VA Veterans Pension (Supplemental Income for Wartime Veterans)
- VA Survivors Pension

**Individuals may also qualify with an annual income that is at or below 135% of the Federal Poverty Guidelines.

Helpful info

1. Make sure to check your emergency crisis kit annually at least. Test items to make sure everything works, check expiration dates on food and batteries.
2. Teaching caregivers/staff how to wash dishes with limited water may be helpful, may need a dishwashing tub and bleach with instructions.
3. Do not store items with batteries in them, store separate
4. Inventory for items with a log for dating anything that expires as well as date when items are taken out with explanation and caregivers/staff signature. Should be checked every 6 mos. Most important during winter months. Another option is listed above, drill holes through the plastic storage tub lid and base and place zip ties through them in order to secure them until needed.
5. Caregivers/staff training should include how to use items in the emergency supply box and when to use them. Ex- loss of power use radio for news, loss of power or water, how to use solar shower (half boil water, half cold water if there is no sun to heat the water)

For caregivers – important items to keep with you in case you cannot leave (mainly snow is concern)

1. Medications-especially vital medications that you might need, 3 days worth at least
2. Nonperishable food for yourself
3. Change of clothing
4. Sleeping bag and pillow
5. Toiletries- toothbrush and paste, deodorant

Nonperishable food items-At least three days worth of food per person (include enough for caregivers if applicable) in addition to 1 gallon of water per person per day. High protein and nutrient dense foods preferred. Individual dietary needs and or restrictions should be considered. Some suggestions are:

1. Canned goods- fruit, vegetables, canned meat (tuna, chicken, bacon), canned beans, baked beans, shelf stable hummus
2. Ready-made meals-shelf stable meals (Hormel has entire line of shelf stable meals)
3. Apple sauce
4. Soups and chili
5. Crackers, chips, pretzels
6. Protein bars, granola bars, trail mix, dried fruit (raisins, prunes)
7. Drinks-juice
8. Nuts, peanut butter
9. Milk- shelf stable in cartons is avail, powdered, evaporated/canned milk
10. cereal
11. Treats- cookies, candy, M&Ms

Additional product examples and information



Hobest Solar Charger 10000mAh, Water-Resistant Outdoor Solar Power Bank with LED Flashlight, Dual USB Portable Charger Solar for Smartphones, GoPro Camera, GPS and Emergency Travel (Orange)

Price: \$21.99



[2018 Upgraded] Esky Portable Emergency Weather Radio Hand Crank Self Powered AM/FM/NOAA Solar Radios with 3 LED Flashlight 1000mAh Power Bank Phone Charger (Red)

Price: \$19.90



Example of Body Wipe (adult bathing wipes) cost vary

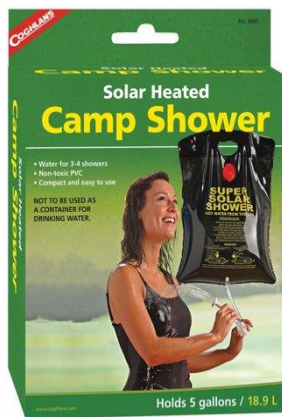
5 Gallon Collapsible Poly Water Carrier



Amazon Price- 5.00

Coghlan's 9965 Camp Shower

Walmart # 943863 \$ 9.30



**Notes on the solar camp Shower

Solar/Camp shower will need to be “hung up” and typically the shower head is not strong enough to hold it. Some shower curtain rods are strong enough. Where to “hang” it should be identified prior to use to prevent any possible damages.

How to use a manual can opener



- Take the manual opener and spread the two handles apart.



- Place the wheel on the lip of the can and squeeze the two handles together, which will bite into the can lid by the lip.



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- Turn the butterfly lever on the opener in a clockwise direction. If you feel a miss in the can lid, turn the lever counterclockwise to redo. Then continue moving forward by turning clockwise.



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- Continue turning the opener until you come to the end where you first started the cut. Remove the opener and use a fork or a butter knife to raise the lid and remove it.