

# SAFETY SYSTEMS HAWAII, INC.

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67 Waiale Road  
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## Safety Awareness Sheet

## Getting Ready for Disasters, Hawaiian Style!

Whether it's a hurricane or a dock-workers' strike, you can be assured that the people of Hawaii will head out in droves to stock up on supplies to be safe and not sorry. Generally the first thing to sell out at places like Costco and Sam's Club will be bottled water followed by batteries. Next are canned goods (like Vienna sausage, canned tuna, and spam), diapers and the all important items - toilet paper and rice.

But what isn't mentioned and is often missed is an evacuation kit that everyone should have on hand – just in case you have to leave your home and go to an evacuation center. These centers will provide a roof over your head but that's about it – food may be available after the first three days.

There are six categories of items you should stock in your home for your Family Disaster Kit: **water, food, clothing/bedding, first aid supplies, tools/supplies** and **special items**. Keep the items that you would most likely need during an evacuation in an easy-to-carry container like a plastic box or a spare cooler.

### WATER

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.



- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)\*
- Keep at least a three-day supply of water for each person in your household.

### FOOD

Include a selection of the following foods in your Disaster Supplies Kit:

- Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.
- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- Sugar, salt, pepper
- High energy foods - peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags



### CLOTHING/BEDDING

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Sunglasses



### FIRST AID KIT

Complete kits are available for purchase at Safety Systems Hawaii or you can make your own kit containing the following items:

- Sterile adhesive bandages in assorted sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Sterile roller bandages
- Scissors
- Tweezers
- Moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Medicine dropper
- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting)
- Laxative



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### TOOLS/SUPPLIES

- Mess kits, or paper cups, plates and plastic utensils
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent, Whistle
- Pliers, screwdriver
- Tape, Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Plastic sheeting
- Map of the area (for locating shelters)
- Toilet paper
- Soap, liquid detergent
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation)
- Plastic bucket with tight lid
- Disinfectant, Household chlorine bleach



### SPECIAL ITEMS

Remember family members with special needs, such as infants and elderly or disabled persons.

- | For Adults                                     | For Baby        |
|--|-----------------|
| ➤ Insulin                                      | ➤ Formula       |
| ➤ Denture Needs                                | ➤ Diapers       |
| ➤ Prescription Drugs                           | ➤ Bottles       |
| ➤ Extras eye glasses                           | ➤ Powdered milk |
| ➤ Contact lenses/<br>supplies                  | ➤ Medications   |
| ➤ Heart and high blood-<br>pressure medication |                 |

*Entertainment* - games and books

*Important Family Documents* (Keep these records in a waterproof, portable container.)

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

Store your disaster kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.

## TSUNAMI SHELTERS ON OAHU

### KAHUKU - MAKAPUU PT.

- Brigham Young University-HC
- Kahaluu Elementary
- Kahuku Elementary
- Kahuku High & Intermediate
- Kailua District Park
- Kailua Intermediate
- Kailua Elementary
- Kalaheo High
- Parker Elementary
- Pope Elementary
- Waiahole Elementary



### AINA HAINA - HAWAII KAI

- Aina Haina Elementary
- Hahaione Elementary
- Kaiser High
- Kilauea District Park
- Koko Head District Park
- Niu Valley Middle

### KAENA PT. - KAHUKU

- Kahuku High and Intermediate
- Kahuku Elementary
- Sunset Beach Elementary
- Waialua High & Intermediate

### PUNCHBOWL - WAIALAE

- Anuenue Complex
- Kahala Elementary
- Jefferson Elementary
- McKinley High
- Waikiki Elementary

### MAKUA - WAIPAHU

- Campbell High
- Ilima Intermediate
- Kamaile Elementary
- Leihoku Elementary
- Maile Elementary
- Makaha Elementary
- Makakilo Elementary
- Nanakuli High & Intermediate
- Waianae Elementary

Sources: [www.ready.gov](http://www.ready.gov); [www.redcross.org](http://www.redcross.org); [www.honolulu.gov/ocda](http://www.honolulu.gov/ocda).