



UNITED WAY
Buffalo & Erie County

United We
Prepare™

DISASTER RESILIENCE **KIT**

IMPORTANT: Fill out the emergency contact information on the back cover. Keep this information easily accessible in times of crisis.



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At United Way of Buffalo & Erie County, we know that when a crisis happens, people need immediate support and relief.

We live in a region accustomed to winter weather, but unexpected weather events can create challenging situations, even for Buffalonians. The Buffalo Blizzard of 2022 was one of those events. United Way stepped up and activated its resources to provide immediate relief to families throughout the community by distributing emergency preparedness kits.

As we head into the winter season, we are once again providing families throughout the community with preparedness kits designed to help households stay safe during power outages, winter storms and other emergency situations.

For life-threatening emergencies, call 911. For local emergency information, monitor local news, weather alerts and official emergency management communications.

WHAT'S IN THE KIT?

This kit is designed to provide you with items that can be helpful in a variety of emergencies, from power outages to snowstorms.

SAFETY & FIRST AID

First Aid Kit: Provides basic supplies for treating minor injuries during an emergency.

Face Masks: Can provide protection from dust, debris and other airborne particles.

LIGHTING & VISIBILITY

Flashlight: Provides portable lighting during power outages or other low-light situations.



Emergency Whistle:

Use to alert others that you need help, especially when you cannot easily be seen.



Reflective Tape:

Apply to clothing or other items to help increase visibility in poor lighting.

FOOD & WATER

Always follow the manufacturer's instructions included with the product.



AquaTabs Water Purification Tablets:

Use only if your water supply is unsafe to drink. Add one tablet to 2 quarts, or $\frac{1}{2}$ gallon, of water. Mix or shake well for at least 10 minutes, then allow the water to stand for 30 minutes before drinking.



Emergency Food Rations:

Provide nutrition if you are without access to food for a prolonged period.

INFORMATION & COMMUNICATION

Notepad & Pen: Useful for recording emergency information, phone numbers, instructions and other important notes.

Waterproof Document Bag: A place to safely store important emergency documents.



Fireproof Document Bag:

A place to safely store emergency contact information, medication lists, insurance information and other important documents.



Emergency Radio:

Can be charged via USB or by using the hand crank. The radio can also provide power for a phone or other small USB device.

WARMTH & SHELTER

Rain Poncho: Helps protect you from rain, snow and other wet conditions.



Emergency Blanket:

Designed to help retain body heat during cold-weather emergencies.



Multi-Tool:

Can be used as a can opener, knife edge, screwdriver, ruler, bottle opener, wrench and saw blade.

WINTER PREPAREDNESS TIPS

Preparedness is one of the best ways to protect yourself and your household during severe winter weather.

BEFORE A STORM

- Monitor weather forecasts and emergency alerts.
- Fully charge cell phones, tablets and backup batteries.
- Fill vehicles with fuel and check windshield washer fluid.
- Keep prescription medications stocked.
- Store additional drinking water and non-perishable food whenever possible.
- Identify a safe, heated location if power is lost for an extended period.

IF YOU LOSE POWER

- Use flashlights instead of candles whenever possible.
- Keep refrigerator and freezer doors closed to preserve food.
- Dress in layers and use blankets to stay warm.
- Close off unused rooms to conserve heat.
- Never use generators, grills, camp stoves or fuel-burning heaters indoors.
- Listen to local emergency broadcasts for updates and instructions.

IF YOU ARE STRANDED IN A VEHICLE

- Stay with your vehicle unless help is visible and within a safe walking distance.
- Run the engine for approximately 10 minutes each hour for heat, ensuring the exhaust pipe remains clear of snow.
- Open a window slightly for ventilation.
- Use emergency blankets to retain body heat.
- Use a whistle or other signaling device to attract attention if assistance is nearby.

LOCAL EMERGENCY RESOURCES

2-1-1 WESTERN NEW YORK

Dial 2-1-1 or visit 211WNY.org for referrals to local services and resources you may need. Available 24 hours a day, 7 days a week.

NATIONAL FUEL GAS

If you smell natural gas, move to a safe location away from the odor and call 1-800-444-3130 or 911.

NATIONAL GRID

For power outage information, reporting and updates, scan this code to visit National Grid's Outage Central.



IMPORTANT INFORMATION

Emergency Contact Name: _____

Phone Number: _____

Medical Conditions: _____

Medications: _____

ADDITIONAL CONTACTS

Emergency Contact Name: _____

Phone Number: _____

Medical Conditions: _____

Medications: _____





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