

## **Items for an Extended Stay at Home**

### **•Non-Perishable Foods**

Ready to eat canned foods  
Protein or fruit bars  
Dry cereal or granola  
Peanut butter and jelly  
Dried fruit, nuts, and trail mix  
Crackers  
Canned juices  
Bottled water  
Canned or jarred baby food  
Baby Formula  
Pet food

### **•Health and Emergency Supplies**

Prescribed medical supplies such as glucose and blood pressure monitoring  
Soap and water or alcohol based hand wash  
Medicines for fever such as acetaminophen or ibuprofen  
Thermometer  
Vitamins  
Fluids with electrolytes, such as Pedialyte®  
Flashlight with extra batteries  
Portable radio with extra batteries  
Manual can opener  
Garbage bags  
Tissues  
Toilet paper  
Disposable diapers  
Pet supplies

We recommend that every family create a disaster kit for use during an emergency. Please visit [www.readyillinois.gov](http://www.readyillinois.gov) or contact your local public health department for more information.