

## Jill Hasbargen Olson, EM Director

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## The First 72 Hours Are On You

## **Emergency "Go Kit" Information**

General Checklist (Alphabetical)					<u>Yc</u>	ur Persona	al List of Ite	<u>ems</u>	
Blankets/Sleeping Bags									
Candle/Lighter/Matches									
Cane/Walker									
Cash and Coins (ATMs may not be accessible	ole)								
Cell Phone & Charger									
Clothing - One Change of Clothing per per	son								
Dust Mask - Helps Filter Contaminated Air									
Entertainment									
	Book								
	Deck of Ca	rds							
	Magazine								
Food (Only examples)									
	Beef Jerky								
	Candy - Ind	dividually \	Vrapped						
	Canned Go	ods/Can C	Opener						
	Crackers								
	Cup-O-Sou	ір Міх							

	Granola Bars						
	Water						
First Aid Kit							
Flashlight(s) and Batteries							
Keys - extra set of house, car, etc. (Safety	Deposit Box)						
Paper/Plastics Supplies							
	Garbage Bags/Grocer	y Bags					
	Paper Plates/Bowls/C	ups					
		(1)					
	Paper Towels/Napkins	5					
	Paper/Pencil/Pen					·	
	Toilet Paper						
	Utensils - for eating						
Personal Items/Personal Hygiene Items							
	Comb						
	Dentures						
	Glasses - Prescription	& Reading					
	Hearing Aides & Batte	eries					
	Medical Equipment (\	Valker, Cpa	p, Oxygen	Tanks)			
	Medications (list phar	macy & pre	escription i	number to	o)		
	Pain Relievers - Advil,	Tylenol, Ex	cedrin, etc	•			
	Shampoo						
	Soap						
	Toothpaste/toothbrus	sh					
Pet Supplies							
	Bowls						
	Collar						
	Food						
	Leash						
	WATER						
Phone Book (Local Directory)							
Radio & Batteries							

Sanitary Wipes							 		
Tools -									
	Wrench or	Pliers - To	turn off uti	lities					
	Hand Held	multi-purp	ose (screw	driver/knif	e/flashlight	:)	 		
Whistle - To signal for help									
OTHER:									
L	Jse an old	suitcase	, a laundr	y basket,	a plastic	tote,			
	or a cardb	oard box	to collec	t and sto	re your ite	ems			
			(2)						
			(-,						



## **Cold Weather Supplies - Winter Survival Kit for Vehicles**

Blanket/	Sleeping	Bag						
Cell Phor	ne & Char	ger						
De-Icer/F	uel Addi	tive						
Distress I	Flag/Band	dana for A	Antenna					
First Aid	Kit							
Flashligh	t - It Gets	Dark Ear	ly					
Food In C	Slove Con	npartmer	nt (beef je	rky/cand	y/granola	a bar)		
Hat								
<b>Hot Shot</b>	Hand Wa	armers						
Jacket/Co	oat							
Jumper C	Cables							
Mittens/	Gloves							
Scarf								

Shovel -	Collapsible	;						
Snow Pa	nts							
Sweatshi	irt/Sweatpa	ants						
WATER								
Windshie	eld Scraper							
Winter B	oots							
					·			
						1		
			-	-				
By F	ailing t	o Prepa	are, You	ı are Pr	eparin	g to Fa	ail	
By F	ailing t	o Prep	are, You	ı are Pr	eparin	g to Fa	ail	

Notification and	Warning Information fo	or Lake of the Woods Cour	ty Residents
TV Stations			
KBRR-TRF	Cable Channel 16	Grand Forks, ND	
KNRR-Pembina	Cable Channel 16		
KVRR-Fargo	Cable Channel 16		
KLVY	Cable Channel 11	Grand Forks, ND	
KXJB	Cable Channel 4	Grand Forks, ND	
WDAY	Cable Channel 23	Grand Forks, ND	
WDAZ	Cable Channel 10	Grand Forks, ND	
Radio Stations			
KKWQ	92.5 FM	Warroad, MN	
KRWB	AM 1410	Roseau, MN	

Code Red				
Call will come from	the Lake of the Woods County S	Sheriff's Off	ice	
Caller ID will show a	an 800 or 866 number			
Call will be a record	ed message			
Text Messages are a	also an available option for rece	iving alerts	and warnings	
Outdoor Sirens -				
Located in Baudette	e & Williams			
Social Media -				
Lake of the Woods	County Emergency Managemen	t Facebook	Page	
Public Address System	ns			
Law Enforcement/F	ire Department Vehicles			
Neighborhood Door to	o Door Warning Notice			
Typically Law Enforce	cement/Fire Department Persor	nel		
	(4)			

Linei	Beriey 311			For Lake o	T CITE VVO	Jus Cour	ity iteside	1163
rm Shelter L	_ocations	-						
Baudette - M			t				218-634	-1850
		n Street V		dette				
Lakewood Ca	are Cente	r					218-634	-3488
	600 Mai	n Ave, Baı	udette					
Sacred Heart	t Catholic	Church					218-634	-9977
	104 1st S	St SW, Bau	ıdette					
First Luthurn	Church						218-634	-1744
	312 3rd	Ave SW, B	audette					
Bethany Luth	neran Chu	ırch						
	475 Zipp	le Ave, W	illiams					
Your persona	al, pre-de	termined	Storm Sh	elter Loca	tions			
1st Choice								
2nd Choice								

		1						
	3rd Choice							
M	ass Shelterin	g Locatio	ns - Work	ing With	American	Red Cross		
	Lakewood Ca	are Cente	r				218-634	1-3488
		600 Mair	า Ave, Baเ	ıdette				
	VFW						218-634	1-9977
		204 Inter	national	Dr, Baude	ette			
	First Luthurn	Church					218-634	1-1744
		312 3rd A	Ave SW, B	audette				
	Bethany Luth	neran Chu	ırch					
		475 Zipp	le Ave, W	illiams				
					(5)			
	Your persona	al, pre-det	termined	Shelter L				
	1st Choice							
	2nd Choice							
	3rd Choice							

Eva	acuation Route M	1ap - Pre-det	termine You	r Route and	Destination					
Wł	nen evacuating y	our home -	Take your p	ets - Take yo	our Go Kit - I	Lock the doc	ors			
	1st Choice									
	2nd Choice									
	3rd Choice									
W	hat does "Sh	elter In P	lace" mea	n?						
	1st Choice									
	2nd Choice									
	3rd Choice									
	Call 911 for I	Emergenc	ies Only							
	Stay inside you	ır home - it	's the safes	t place for	you right n	ow				
	Close all windo	w and out	side doors							
	Turn off air cor	nditioner or	furnace -							
	*This depend	s on the tin	ne of year -	may not b	e possible v	with extren	ne wea	ather	conditions	
	*This is to he									
	Stay Informed		70.00	, 12 112 0					- 7-	
	Turn on your		r radio for	incident :::	ndatos					
	Turri on your	rejevizion c	n raulo ioi	menuem up	Juales					

Check Kit	tson County SI	neriff's Offic	e Facebook	Page for u	pdates		
Listen for	CodeRed Mes	sages from	Kittson Cou	ınty Sheriff	's Office		
		·	(6)				

Medical Info	ormation For Lake of the Woods County Residents "Go Kits"					
ledical Facilities		_				
Baudette	CHI Lakewood Health Center					
	600 Mian S					
	Baudette, MN 56623					
	Phone: 218-634-2120					
	CHI Lakewood Health Center Clinic					
	105 5th St SW					
	Baudette, MN 56623					
	Phone: 218-634-1655					
Bemdji	Stanford Bemidji Medical Center					
	1300 Anne St NW					
	Bemidji, MN 56601					
	Phone - 218-751-5430					
Roseau	Lifecare Medical Center					
	715 Delmore Drive					
	Roseau, MN 56751					
	Phone: 218-463-2500					
International Falls	Rainy Lake Medical Center					
	1400 Hwy 71					

		Internation	al Falls, M	N 56649		
		Phone: 21	8-283-448	1		
	Other				 	 
						 _
						 _
	Other					_
					 	 _
					 	 _
						_
			(	7)		
Fa	mily Doctor					
		 			 	 _

narmacies			
Thrifty White Pha	armacy - Baudette	218-634-1236	
	armacy - Warroad	218-386-2050	
edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name
edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name
edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name
edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name
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edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name
edication List -	List Name of Medicin	ne/Prescription Number/Pha	armacy Name

oison Control - National Hotline	800-222-1222	
pison Control - National Hotline	800-222-1222	
pison Control - National Hotline	800-222-1222	
oison Control - National Hotline	(8)	

Emergency "Go Kit" Genera	I Informatio	on						
Function of Contract Names and Discussions								
Emergency Contact Names and Phone Numbers  Law Enforcement	Emorgon av		. Emargana					
	Emergency n-Emergency							
Sheriff's Department	911		18-634-1143					
Fire Department	911							
Ambulance	911							
Family Contact Information								
Name/Address/Phone Number(s)								
	Is A Copy							-
	In Your		here is the					
Important Paperwork -	Go Kit?	<u>Orig</u>	inal Located	<u>}</u>				
Home Insurance Paperwork	Yes - No							
Vehicle Insurance Paperwork	Yes - No							
Health Insurance Paperwork	Yes - No							
Life Insurance Paperwork	Yes - No							
Passport	Yes - No							
Immunization records	Yes - No							
Financial paperwork	Yes - No							
Checking Account Information	Yes - No							
Savings Account Information	Yes - No							
Credit Card Information	Yes - No							
Debit Card Information	Yes - No							
Other Financial Accounts	Yes - No							
Wills	Yes - No							
Birth Certificates	Yes - No							
Marriage Certificates	Yes - No							
Property Abstracts	Yes - No							
Titles for Vehicles	Yes - No							
Social Security Information	Yes - No							

*If original paperwork is located in your Safety Deposit Box - Do you know where your key is located?											
(9)											

perful Web Sites For Additional Information  American Red Cross  Department of Homeland Security  Senior LinkAge Line  Www.MinnesotaHelp.info  U of M Extension Office  Www.etension.umn.edu  National Oceanic & Atmospheric Administration  Www.fema.gov  FFMA  Www.fema.gov  Www.fema.gov  Www.aarp.org  AARP  Www.aarp.org			Emergency "Go Kit" Ger	neral Information			
American Red Cross							
Department of Homeland Security  Senior LinkAge Line  Senior LinkAge Line  Www.m.meady.gov  U of M Extension Office  Www.m.meady.gov  National Oceanic & Atmospheric Administration  Www.m.gov  NMN Homeland Security Emergency Management  https://dos.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  AARP  MWW.aarp.org  Www.aarp.org  Www.aarp.org	eful V	Veb Sites	For Additional Information				
Senior LinkAge Line  Senior LinkAge Line  Www.w.MinnesotaHelp.info  U of M Extension Office  Www.extension.umn.edu  National Oceanic & Atmospheric Administration  Www.fema.gov  MN Homeland Security Emergency Management  https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  AARP  Www.aarp.org  Www.aarp.org  Www.aarp.org  Www.aarp.org  Be Informed  MI Homeland Security Emergency Management  Be Informed	Amer	ican Red Cı	OSS	www.redcross.org	g		
Senior LinkAge Line  Senior LinkAge Line  Www.w.MinnesotaHelp.info  U of M Extension Office  Www.extension.umn.edu  National Oceanic & Atmospheric Administration  Www.fema.gov  MN Homeland Security Emergency Management  https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  AARP  Www.aarp.org  Www.aarp.org  Www.aarp.org  Www.aarp.org  Be Informed  MI Homeland Security Emergency Management  Be Informed							
U of M Extension Office  National Oceanic & Atmospheric Administration  National Oceanic & Atmospheric Administration  Www.noaa.gov  MN Homeland Security Emergency Management  https://dps.mn.gov/dlvisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  Www.aarp.org  Get A Kit  Make A Plan  Be Informed	Department of Homeland Security			www.ready.gov			
U of M Extension Office  National Oceanic & Atmospheric Administration  National Oceanic & Atmospheric Administration  Www.noaa.gov  MN Homeland Security Emergency Management  https://dps.mn.gov/dlvisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  Www.aarp.org  Get A Kit  Make A Plan  Be Informed	6		•		Interior		
National Oceanic & Atmospheric Administration	Senio	or Linkage L	ine	<u>www.iviinnesotar</u>	<u>teip.into</u>		
National Oceanic & Atmospheric Administration	U of N	⊥ M Extensio	n Office	www.extension.u	mn.edu		
FEMA   www.fema.gov							
MN Homeland Security Emergency Management  https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  AARP  Get A Kit  Make A Plan  Be Informed  Be Informed  In I	Natio	nal Oceani	& Atmospheric Administration	www.noaa.gov			
MN Homeland Security Emergency Management  https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP  AARP  Get A Kit  Make A Plan  Be Informed  Be Informed  In I							
https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP AARP AARP AARP BEINFORMED BEINFORMED AARP AARP AARP AARP AARP AARP AARP AAR	FEMA	<b>\</b>		www.fema.gov			
https://dps.mn.gov/divisions/hsem/emergency-preparedness/Pages/default.aspx  AARP AARP AARP AARP BEINFORMED BEINFORMED AARP AARP AARP AARP AARP AARP AARP AAR	N 481 1 1						
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Get A Kit  Make A Plan  Be Informed		nttps://u	<u>ps.mn.gov/uivisions/nsem/emergency-p</u>	repareuriess/ Pages/ default.a	<u>spx</u>		
Get A Kit  Make A Plan  Be Informed	AARP	,		www.aarp.org			
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Make A Plan Be Informed							
Be Informed			Get A	Kit			
			Make A	Plan			
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