



# Yolanda Greaves

Emergency Preparedness Specialist

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Greetings,

I hope this letter finds you well. My name is Yolanda Greaves and I specialize in emergency preparedness, helping individuals and families prepare for unexpected situations. One of the most important steps in ensuring you and your loved ones are ready for any emergency is having a well-equipped emergency to-go bag with all essential items.

## **HEALTH & HYGIENE**

- COVID Test & N-95 Face Masks
- First Aid Kit & Waterproof Bandages
- A&D Ointment, Vaseline & Antibiotic Cream
- Baby Wipes & Washcloths
- Toothbrush & Toothpaste
- Alcohol Wipes or Antiseptic
- Vitamins (Zinc, C, D)
- Airborne & Cold/Flu Tablets
- Pain Relievers (Aspirin, Tylenol, Motrin)
- Personal Medications

## **FOOD & WATER**

- Nutrition Shakes & Protein Bars
- Water Purification Tablets or LifeStraw

## **TOOLS & GEAR**

- Waterproof Matches & Case
- Utility Knife & Can Opener
- Compass & Paper Map
- Flashlight, Batteries & Radio
- Lantern or Small Candles
- Goggles & Deodorant
- Ear Plugs

## **CLOTHING & SHELTER**

- Tarp & Plastic Poncho
- Coveralls
- Long Sleeve Shirt
- Sweatpants/Leggings
- Socks

## **EMERGENCY PLANNING**

- Family Evacuation Plan
- Emergency Meeting Locations
- At Least \$100 in Small Bills

## **HOME SUPPLIES**

- Non-Perishable Food Storage
- 72+ Hour Water Supply
- Air Purifier
- Sanitary Supplies
- Window Blockers

These items are essential for a complete emergency kit. Customize based on your specific needs. I encourage everyone to prepare in advance - emergencies are unpredictable, and preparedness brings peace of mind. For additional assistance, please reach out so we can ensure your family's readiness.

Remain Prepared,

*Yolanda Greaves*