



HUMANITY FIRST INTERNATIONAL

Emergency Preparedness

1 Document Control

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1.0	Humanity First International	4 th March 2020	1 st Version
2.0	Humanity First International	6 th March 2020	Revision

2 Recommended List of Supplies For Families and Individuals

To be better prepared for a restriction on the regular supply chain it is recommended that households keep a stock of essential food items to last up to 2 months. The key items to stock consist of food, household basics, sanitary items, basic medicines, first aid as well as items for cooking, lighting, clothing etc.

As an example, each household (assuming 2 adults and 2 children) is recommended to store the following key essentials.

Families are advised to adjust the quantities/items and add any other necessary items according to their family size and specific needs. It is advisable to stockpile food that the family usually eats so that it can be easily rotated. You should use items from your stock and then replenish, to avoid items expiring.

NOTE: Please label all food packets with expiry dates. Please choose batteries and medications with latest possible expiry date.

No.	Item	Package Size	Quantity (Family of 4)	In-Stock (Yes/No)
FOOD ITEMS				
	Rice	10 lbs	4	
	Chappati Flour	10 kg	4	
	Lentils (<i>Daal – Various types</i>)	2 kg	1 of each	
	Pasta	900 gms	8	
	Soups (<i>Various</i>)	Cans or Sachets	30	
	Canned Meat (long life)	340 gms	30	
	Canned Tuna	170 gms	30	
	Canned Chicken	300 gms	30	
	Canned Vegetables	400 gms	30	
	Canned Beans	540 ml	30	
	Dried Fruit	1 kg	1	
	Nuts	1 kg	1	
	Cereals	750 gms	5	
	Cooking Oil	3 Litre	5	
	Energy Bars / Granola Bars	Box of 64	2	
	Spreads - Peanut Butter / Chocolate Spread	1 kg	1 each	
	Pitta Bread or Frozen Roti/Naan	5 /pack	10	

	Milk Powder	2 kg	5	
	Salt	1 kg	3	
	Sugar	1 kg	5	
	Spices	Packs	10	
	Baby Food/Milk (<i>as required</i>)	Packs	30	
	Other Food Items (per your need)			

No.	Item	Package Size	Quantity (Family of 4)	In-Stock (Yes/No)
WATER				
	Water Bottles 3/litres per person per day	1 litre	360	
	Water Storage (Qty of water bottles may be reduced)	Drum or Bladder	1	
	Water Filtration Kit and/or Tablets	Packs	10	

No.	Item	Package Size	Quantity (Family of 4)	In-Stock (Yes/No)
HYGEINE AND SANITATION				
	Antibacterial Gels (Hand Sanitizers)	500 ml	10	
	Antibacterial Spray/Liquid	1 Litre	2	
	Garbage Bags	Large Box	5	
	Laundry Detergents	4.4 Litre	2	
	Dish washing Detergent	1 litre	4	
	Feminine Sanitary Products	1 pack	4	
	Diapers	1 pack	4	
	Soap	Packs	10	
	Toilet Rolls	24/pack	6 packs	
	Paper towels	6/pack	4 packs	
	Tooth Brush	Each	4	
	Toothpaste	100 ml	4	
	Wet Wipes	Packs	30	

No.	Item	Package Size	Quantity (Family of 4)	In-Stock (Yes/No)
MEDICATIONS				
	Your Prescription Medicine	For everyone	60 Days supply	
	First Aid Kit	Pack	2	
	Pain Killers e.g. Paracetamol Ibuprofen	Tabs	100	
	Anti-Allergy e.g. Piriton	Tabs	30	
	Anti-Vomiting	Tabs	30	
	Anti-Spasmodic e.g. Buscopan(Hysoscine Butylbromide)	Tabs	30	
	Anti-Diarrheal e.g. Loperamide	Tabs	30	
	Oral Rehydration Salt (ORS)	Sachets	30	
	Anti-Septic Cream	Packs	2	

No.	Item	Package Size	Quantity (Family of 4)	In-Stock (Yes/No)
OTHER IMPORTANT ITEMS				
	Propane Stoves & Propane Gas Cylinder	Unit	1	
	Torch		4	
	Batteries (various sizes)	Each size	30	
	Charcoal, Lighter Fluid		4	
	Candles (long burning)	each	60	
	Matches "strike anywhere"		10	
	Seasoned Firewood		10	
	Disposal Gloves	100 pack	1 box	
	Paper Plates/ Cups /Utensils		100	

	Bicycle (including Tyres/tubes/pumps/chains)		1	
	Walkie Talkies (Radio)		4	
	Plastic Tapes		1	
	Ropes and Ties		1	

In some countries alternative remedies such as herbal medicines and homeopathy is given to help treat and prevent diseases. There are countries, like India, that have stated the impact homeopathic remedies can have. The following homeopathic remedies have been suggested by homeopaths for viruses such as coronavirus. The use of such therapies is entirely down to the patient's choice.

Initially these precautionary remedies should be taken regularly for two weeks. From then on they should be taken every alternate week for the next six weeks.

As a precaution –

For children under the age of 5 years old :

1. Combined remedy of Aconite, Arsenic Alb, Gelsimium in 200 potency to be taken once a week

For children between the ages of 5 – 15 years old and expectant women, the following remedies should be taken alternately every third day e.g. one medicine on Monday and the other on Thursday.

1. Combined remedy of Aconite, Arsenic Alb, Gelsimium in 200 potency
2. Chelidonium Maj in 1x potency, 10 drops to be taken in a few sips of water

For Adults (except expectant women) :

1. Combined remedy of Aconite, Arsenic Alb, Gelsimium in 200 potency to be taken twice a week, every third day e.g. one dose on Monday and the other on Thursday.
2. Chelidonium Maj in 1x potency, 10 drops to be taken in a few sips of water, three times a week, every second day e.g. one dose on Monday, one on Wednesday and one on Friday.

When infected –

1. Combined remedy of Influenzinum, Bacillinum, Diphtherinum in 200 potency to be taken twice a day, morning and evening for one week. Followed by twice a week (every third day)
2. Combined remedy of Arnica, Baptisea, Arsenic Alb, Hepar Sulph, Nat. Sulph in 30 potency to be taken twice/three times a day.

3. Chelidonium Maj in 1x potency, 10 drops to be taken in a few sips of water, twice a day after food.

IMPORTANT

PROTECT YOUR IMPORTANT DOCUMENTS, CASH AND VALUABLES IN A SAFE PACKAGE. For example,

- Family documents (birth, marriage, death certificates)
- Savings books, account agreements, shares, bonds, insurance policies
- Pension and income statements, income tax returns
- Evidence of qualifications: certificates (school certificates, university certificates, certificates of additional qualifications)
- Contracts and amendment agreements, e.g. including rent agreements, lease agreements etc.
- Will, living will and power of attorney
- ID, passport, driving license and vehicle documents
- Land registry excerpts
- Insurance documents
- Cash and other valuables
- Any other important documents

If you have any questions, please contact planning@humanityfirst.org

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