



# 家庭防災，記得要準備

Family Household Disaster Prevention: Remember Always be well-prepared:

## 緊急避難包

### Emergency Backpack

Store your Emergency Backpack/Kit in a safe and easily accessible location at home and office/workplace. You are advised to check that all the essential items in the Emergency backpack/Kit twice yearly.

緊急避難包應放置於家中及工作場所隨手可拿到的地方。  
避難包內的必需品，應隨時檢查更新，至少每半年1次。  
必需品內容如下：



提醒您：逃生避難時，一定要穿鞋及戴上安全帽，  
並記得攜帶緊急避難包。

Gentle reminder: in the event of emergency and  
immediate evacuation, wear your shoes and helmet,  
and take the emergency backpack with you.



- 緊急避難包必需品 Essential Items
1. 礦泉水 water
  2. 防災食物 food
  3. 證件(如身分證、健保卡)  
Identity document (ex: ID, Health Insurance Card)
  4. 現金 money
  5. 急救用品、常用藥 FAK (First Aid Kid),  
medicine
  6. 粗棉手套 cotton gloves
  7. 手電筒、收音機、電池  
flashlight, radio, battery
  8. 禦寒衣物、內衣褲 clothes
  9. 小毛毯 blanket
  10. 輕便型雨衣 raincoat
  11. 暖包 warm pads
  12. 面紙、毛巾、口罩  
tissues, towel, mask
  13. 文具用品(筆記本、筆) stationery
  14. 備份鑰匙 A set of spare keys
  15. 瑞士刀、哨子 Swiss knife, whistle
- 有小孩的家庭應準備

For family with young children to prepare the following:

1. 奶粉 milk powder
2. 紙尿布 diaper
3. 奶瓶 milk bottle

