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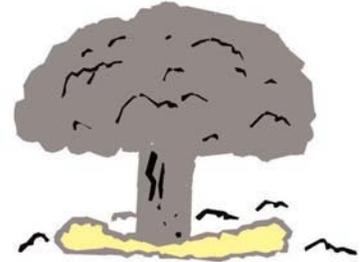
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CHAPTER 1 CREATING YOUR DISASTER PLAN

Where will you & your family be WHEN IT STRIKES! Work? School? Home? Traveling? Will you know What to do and where to go?

4 STEPS TO SAFETY



1. Finding Out What Could Happen in Your Area.

- A. Contact the organizations that are listed at the front of this booklet.
They can give you the phone numbers to your local chapter who can tell you what disasters could happen in your area.
- B. Find out what your community's warning signals are, what they sound like and what you should do when you hear them.
- C. Learn about the disaster plans at work, school, daycare and other places where your family spends time.
- D. If you have animals, find out about animal care. They may not be allowed in some places during and after a disaster.
- E. Find out how to help the elderly and disabled.

2. Create a Disaster Plan for your family.

- A. Meet with your family and discuss what types of disasters could happen in your area and what to do. (Page 25)
- B. Discuss the steps of evacuation. (Page 22)
- C. Choose 2 places to meet family members:
 - 1 Outside your house if members are home.
 - 2 Outside your neighborhood in case you can't get to your home. (City park, church, school play ground, etc.)
- D. Ask an out-of-state family member or friend to be your family's "Contact Person". After a disaster, communications can be difficult. Many times it is easier to get through to your contact person out of state than to make a local call. If your family members become separated in a disaster, have them call this person and let them know where they are and if all is well with them.

3. Practice and Maintain your plan

- A. Conduct fire and emergency evacuation drills.
- B. Quiz your family every six months so they don't forget.
- C. Test and recharge fire extinguishers.
- D. Check/rotate food & water in your evacuation-kit every 6 months.
- E. Test smoke detectors monthly. Change batteries every 6 months.
- F. Remember to always remain calm. Panic causes accidents.

Important Phone Numbers

Post by each phone.



My Name

___ My

Phone _____

_____ My Address

My City

___ Nearest Intersection to my

house _____

Ambulance _____

Paramedics _____ Fire

_____ Police

Sheriff _____ Search and
Rescue _____ Highway Patrol
_____ Coast Guard/Harbor Patrol
_____ Hospital
_____ Poison
Control _____ Children's
Hospital _____ Trauma
Center _____ Burn Center
_____ Cardiac
Center _____ Family Doctor
_____ Dentist

Veterinarian _____

Pharmacy _____ Employer

_____ Father's Work

_____ Mother's

Work _____ Other Relatives

_____ Neighbor

_____ Out-of-Town Contact

Person _____

Out-of-State Contact Person _____

Church Leader _____ Babysitter

_____ Daycare Center

_____ Pre-School

_____ Elementary School

_____ Middle School

_____ Junior High

_____ High

School _____

Gas _____

Power _____ Telephone

_____ Handyman

_____ Electrician

_____ Plumber

_____ Mechanic

_____ Family Attorney

_____ Accountant

_____ Banker or Financial

Advisor _____ Insurance

Agent _____ Mortgage

Company _____ Landlord

_____ Emergency Roadside
Assistance _____ Taxi
_____ Public
Transportation _____ Weather
_____ Road Conditions
_____ Avalanche _____ Forest
Service _____ Snow Removal
_____ Time and
Temperature _____ Animal Control
_____ American Red Cross
_____ Disaster Clean -up Company
_____ Crisis Hotline
_____ Social Worker
_____ Health Department
_____ Others:

My Important Numbers

My Name _____
Phone Number _____
Address _____

My
My
City

If I need:



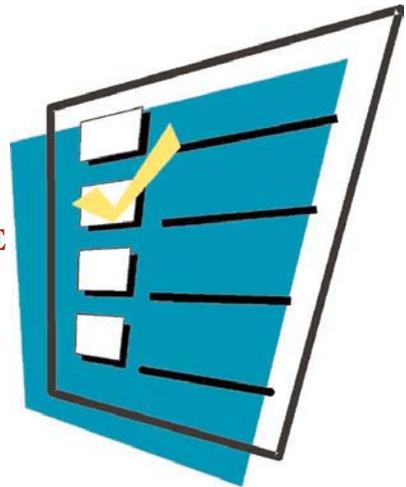
Call 911

Place Picture of Father here with phone number
Place Picture of Mother here with phone number

Place Picture of Neighbor here with phone number
Place Picture of Relative here with phone number

HOW SAFE IS YOUR HOUSE?

Before any disaster, you should inspect your home and eliminate any potential hazards. In an emergency, ordinary items in your home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.



USE THE FOLLOWING CHECK LIST TO SEE IF YOUR HOUSE IS SAFE.

- _____ Clean and repair chimneys, flue pipes, vent connectors, and gas vents.
- _____ Place oily rags or waste in covered metal cans.
- _____ Keep flammables away from heat sources.
- _____ Repair defective electrical wiring.
- _____ Don't overload electrical outlets.
- _____ Don't run wires under rugs or carpets.
- _____ Fix leaky gas connections immediately.
- _____ Secure water heater by strapping to wall studs.
- _____ Secure large appliances.
- _____ Fasten shelves securely to walls.
- _____ Place large, heavy objects on lower shelves.
- _____ Hang pictures and mirrors away from beds.
- _____ Brace overhead light fixtures.
- _____ Repair cracks in ceilings and foundations.
- _____ Secure hanging plants.

***BY TAKING PREVENTIVE MEASURES BEFORE AN EMERGENCY, YOU CAN SAVE LIVES AND
PROPERTY***

CONTROLLING YOUR UTILITIES ELECTRICAL • GAS • WATER

Before any Emergency Know How to Shut off the Utilities:

1. Locate the following:
 - A. Electric Fuse Box and the Electrical Meter. (The fuse box is usually located inside the house. The Electrical Meter is usually outside.)
 - B. Gas Main Valve. (Outside where the gas line enters the house.
 - C. Water Main (usually 2 places - one inside the house and the other outside where the city can read it.)
2. Teach family members how to safely shut off utilities.
 - A. Proper sequence to shut off utilities.
 - 1 Electricity
 - 2 Gas
 - 3 Water
 - B. Attach a wrench to the gas meter so that you will not need to look for one during an emergency.
 - C. Have the proper tool attached near the water main to turn it off.



After an Emergency

- 1 Turn off utilities if you suspect the lines are damaged.
- 2 Turn off electricity from the safest point. Beware of water. Wires and water don't mix.
- 3 If you smell or hear gas, shut off the gas main immediately and open windows. Contact the gas company before turning the gas back on.
- 4 Turn the water main off only if a line is broken.
- 5 Shut off utilities if instructed to do so or if you are in doubt and have concerns that you are in danger.

IMPORTANT! ELECTRICITY don't touch any bare wires until This could electrocute you.



- Stay out of water and electricity is turned off.

PREPARING SOME NECESSITIES FOR QUICK ACTION

3 DAY EVACUATION KIT

When an emergency strikes you may be forced to leave your home and have only enough time to grab the family and your evacuation-kit. There is a good chance that you may not be able to return for a few days and that outside help may not be available for days.

1. Your evacuation-kit should contain the necessary items to sustain life for the first critical hours/days following a disaster.
2. When assembling a kit remember to make it:
 - A. Portable so that a woman or child could carry it.
 - B. Easy to use.
3. Include the following essentials

Store these items in a sturdy, easy to carry backpack or duffel bag. Larger families may need several packs. Be sure it is accessible in the event of an emergency or evacuation.



Food:

MREs for 3 days
Instant Cereal
Instant Hot Chocolate
Food Bars

Shelter/Bedding:

Tube Tent
Rain Poncho
Space Blanket
Wool Blanket
Sleeping Bags

Water:

Water Purification
Tablets
Clear Cloudy

First Aid Kit

(see page 15)

Sanitation:

Toilet Paper
Soap/Shampoo
Toothbrush/Paste
Personal Hygiene Items

Heat/Light:

Pocket Hand Warmers
Matches/Candles
Propane Stove
Fire Starter Kit
Flashlight
Gloves

QUART 2 Drops 4
Drops

Iodine 2% Tincture

Misc. Items:

Extra set of Car Keys
Credit Cards and Case
List of Family
Physicians
Special Items for
Infants, Elderly or
Disabled Family
Members

1 Gallon of Water per
person per day

Communications:

Battery Powered
Radio
Extra Batteries

GALLON 8 Drops 16 Drops

FIRST AID

How to Make a First Aid Kit

1. When assembling your First Aid Kit, take into consideration the following:
 - A. Specific health needs of family members.
 - B. Include the necessary medications and equipment for them.
 - C. Items that your family is familiar with and knows how to use properly.



2. Discuss with your family doctor your special needs. He can inform you of the specific medications/prescriptions you need and explain how to use, store and rotate them.
3. The following is a list of **BASIC MEDICAL SUPPLIES** recommended for a kit. Upgrade it as you increase your training:

First Aid Manual Insect Repellent Sterile Adhesive Bandages Moistened Towelettes Sterile Gauze Pads Antiseptic-Cream Hypoallergenic Adhesive Tape Neosporin Triangular Bandages Petroleum Jelly Roller Bandages - 2 & 3 inches Aspirin or Scissors Non-Aspirin Pain Reliever Tweezers Laxatives Needle Anti-Diarrhea Medication Thermometer Syrup of Ipecac -Tongue Blades To induce vomiting if advised Assorted Sizes of Safety Pins by Poison Control Latex Gloves Antacid Antiseptic Soap Sterile Adhesive Bandages Rubbing Alcohol in assorted Sizes Cotton Special Medications for Family Disposable Diapers

NOTE:

The American Red Cross offers classes in First Aid and CPR that cost little or nothing.

EMERGENCY WATER

The Absolute Necessity

Bare minimum per person per day for cooking and drinking is 1 Gallon. Add additional water for bathing & washing.

How to Purify Water

Before purifying water in any manner, filter out debris by passing it through a clean cloth.

Boil

Bring water to a full rolling boil for at least 5 minutes. Add another minute per 1000 ft. that you are above sea level. After boiling, you may improve the taste of the water by pouring it back and forth from one container to another to aerate it.

Bleach

Use bleach that has sodium hypo-chlorite as its only active ingredient. Add the following dosage according to clear or cloudy water then let stand for 30 minutes. A slight odor of chlorine should be detectable if the water is properly treated. Add a little more until smell is detectable.

Wait 30 minutes before using water.	Food: MREs for 3 days Instant Cereal Instant Hot Chocolate Food Bars	First Aid Kit (see page 15)	Misc. Items: Extra set of Car Keys Credit Cards and Case List of Family Physicians Special Items for Infants, Elderly or Disabled Family Members 1 Gallon of Water per person per day
	Shelter/Bedding: Tube Tent Rain Poncho Space Blanket Wool Blanket	Sanitation: Toilet Paper Soap/Shampoo Toothbrush/Paste Personal Hygiene Items	
Tablets Usually 1 tablet per quart. Double if cloudy. These can be bought at most drug stores.			

Mechanical Filters

There are many filters to choose from that can filter out the contaminants. Price ranges between \$10-600. The Katadyn PF Pocket Filter is one of the better ones. It can filter 1 quart of water per minute, weighs 23 ounces, is about the size of a flashlight.

How to Store Water

Water Storage Containers

Good FDA approved Plastic drums These containers Mylar bags don't allow in gases, Glass bottles or jars vapors, odors or Water heaters light.

Poor Polyethylene plastics These pick up odors, (Milk, water, bleach vapors & light. Also are containers) biodegradable and will leak.

Other: Water beds, toilet tanks, inside pipes. Purify if in doubt.



TAKE IMPORTANT ACTIONS AND HAVE THIS INFORMATION IN PLACE **NOW!**

These are the little things that are usually overlooked and can make your life difficult if they're not in order.

Bank Statements and Jewelry Credit Card accounts Net Worth Statement Bank Loan agreements Stocks, Bonds and other securities Tax records Accounts receivable information Important guarantees, warranties and Purchase contracts

sales receipts All contracts Copies of your inventory video, Photocopy of documents that you photos and written copy have in your wallet or purse Computer back up tapes Certificates of birth, marriage, and Insurance policies death Mortgage documents Divorce decrees Deeds Adoption and custody papers Vehicle Titles and Bill of Sales Name, address and number of your Wills and Trusts Accountant, Attorney, Executor, Medical records Trustees, Stockbroker and Employee benefit information Insurance agents Letter of Instruction in case of death Location of your spare keys Funeral and burial plans Citizenship papers Copy of your family's Disaster Plan Military papers Journals & Family Histories Passports, visas Cherished family items: photos, Social security card

slides, videos, books, scrapbooks Employment records Safe deposit box location, number, Patents, copyrights inventory of contents, key School transcripts, diplomas Investment portfolio Record of gold, silver, collectibles

Insurance

Carry enough of the right kind of insurance: Renters, homeowner's, fire, flood, earthquake, etc. Be aware that not all general insurance policies cover damage from natural disasters and war.

Immunizations

Keep immunizations current for all of your family members. Store your important papers in a safe, fire proof place such as a safety deposit box, freezer or hidden safe. Make duplicate copies of all important documents.

Know and have Wallet I.D. with the following information on every one in your family.

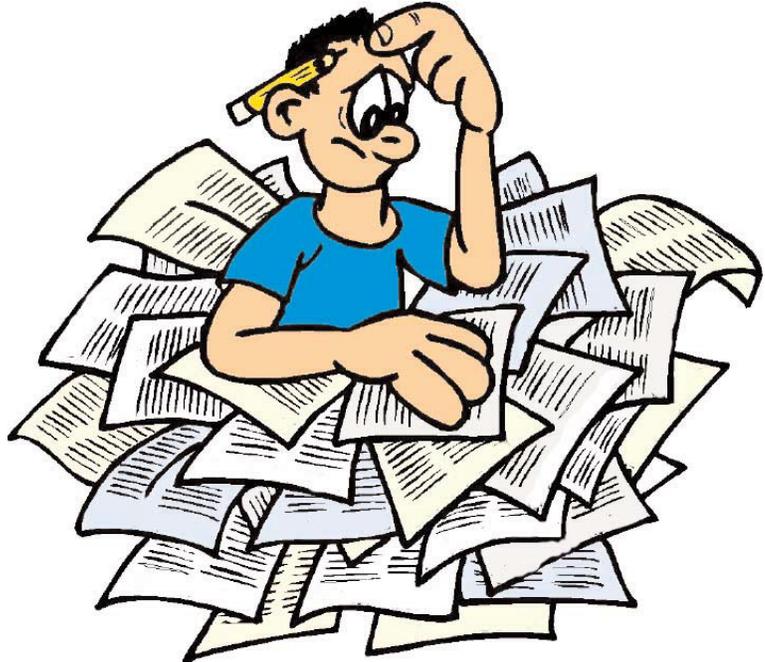
Name tag Driver's license or other identification Medical problems Prescription medication (name, dosage, prescription number and date prescribed)
Eyeglass/contact lens prescription Blood Type
Doctor's name, number and address

Vehicles

At all times keep your gas tank in your vehicle at least 1/2 way full. Have an extra set of keys.

Cash

Have on hand at least \$100 in small bills.



VITAL FAMILY DOCUMENTS

In

ventory Take inventory of Your home, garage, premises and where you work. Make a complete written itemized list of all the contents. Include serial numbers, make, model numbers, physical description, where and when you purchased them, price and current value. Take pictures and videotape all of these in their normal locations.

Duplicates Make duplicates of your photos, video and written documents and kept them in another location out side your home.

Consider duplicating and preserving the above documents and records to prevent loss in a disaster.

(And any other important items that we may have missed) HOW TO REPORT AN EMERGENCY

Dial 911

Keep calm, speak slowly and clearly. Tell what type of emergency: Fire, traffic accident, medical, drowning or other.

Always give this information:

- Where is the emergency.
- What happened.
- How many people are involved.
- What condition are they in.
- What is being done.
- Your name, address and phone number.

Ask what you can do to help. Some actions may include:

- CPR.
- Control any bleeding with direct pressure.
- Heimlich maneuver for someone choking.
- Keeping the victim warm if needed.
- Cool them off if heat stroke.
- How to prevent further injury to the victim with a neck injury or broken bones.



Specific Accidents

Fire:

- Get out of the burning building.
- Address of Fire.
- What is on fire.
- Is everyone out.
- Your name, address and phone number.



Medical:

- Address of emergency.



What happened. Is the victim conscious and breathing? Male or female. Your name, address and phone number. Ask what you can do to help.



Traffic Accident:

- Address.
- How many vehicles are involved.
- Injuries.
- How many victims.
- Are they conscious and breathing?
- Are the vehicles still in the road?
- Is any vehicle on fire?
- Are there downed power lines?
- Are there hazardous materials involved?
- Your name, address and phone number.
- Are any of the vehicles in unstable positions or underwater?

the line until the other person tells you it is O.K. to hang up.

EVACUATION

In some cases when you need to evacuate, there may not be a lot of time.

Necessary Preparations Before an Evacuation:

- 1 Have 2 ways to get out.
- 2 Be able to reach the ground. (Walk out, ladder, rope, roof, etc.)
- 3 Know your evacuation-plan.
- 4 Know your
- 7)
- 5 Always have at
- 6 your vehicle(s).
- 6 Have smoke
- 7 of your home.
- 7 Have a whistle in
- 8 warning others.
- 8 Have the
- 9 extinguishers.
- 9 Do the action
- 24.



disaster plan. (See page
least 1/2 tank of gas in
detectors on each level
each bedroom for
appropriate fire
plan check list on page

How to Evacuate

If time permits

- 1 Wear protective clothing and sturdy shoes.
- 2 If instructed to do so, shut off electricity, gas and water.
- 3 Make arrangements for your pets.
- 4 Take your evacuation-kit with you.
- 5 Post a note telling others when you left and where you are going.
- 6 Lock your home.
- 7 Use specified travel route. Don't use shortcuts because certain areas may be dangerous or impassable.

House Plan

This page is blank and is designed to be a worksheet. Draw the floor plan of your house and design your own evacuation plan . Practice this with your family.

CHAPTER 2

Knowing what to do and taking the appropriate action in each of the following disasters can save lives.

(Before - During - After)

2.1 Acts of Violence:

Nuclear or Other Wars, Riots, Looting, Bomb Threats, Terrorism

2.2 Hazardous Chemical Spills

2.3 Earthquakes

2.4 Extreme Weather:

Hurricane, Tornado, Winter Storms, Lightning & Thunder, Drought & Extreme Heat

2.5 Fires

2.6 Famine

2.7 Plagues

2.8 Floods



VIOLENCE

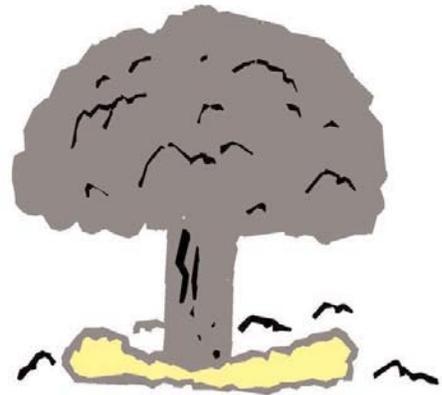
1. NUCLEAR OR OTHER WARS, RIOTS, LOOTING, BOMB THREATS, TERRORISM, ETC.

Violence is continuing to increase. Even if a conflict is happening in another location, the effects can affect us sharply in the form of rationing, economic unrest and possible loss of loved ones.

Should violence break out in your area, there are several things your family should know and consider.

BEFORE:

1. Learn about the affects of violence in your area..
2. Contact local authorities for their emergency plan of action. (Evacuation, fall out shelters, etc.)
3. Know your evacuation plan. (Page 22)
4. Have your 3-day evacuation kit accessible. (Page 14)
5. Know your disaster plan. (Page 7)
6. Lock doors and windows at night and when you are away.
7. Designate a safe place in your home for shelter that is:
 - A. Away from windows.
 - B. Has an exit.
 - C. Safe from fallout.
 - D. Equipped with protective devices for your family's defense.
 - E. Equipped with extra supplies. (Food, water, fuel, etc.)
8. Practice family evacuation plan.
9. Have some training in First Aid & CPR if possible.



DURING:

Find safety—safely!!!

1. Nuclear War:

- A. You may be warned in one of many ways:
 - 1 See a flash
 - 2 Hear a blast
 - 3 Feel the heat
 - 4 Hear a warning signal on the radio, TV or city siren.

NOTE: Any one of these dangers can be fatal within a few seconds after the explosion even if it is many miles away. Never look at the flash.

- B. Dangers if the explosion is some distance away:
 - 1 Heat wave could arrive within 5 seconds and can cause serious burns.
 - 2 Blast wave within as little as 30 seconds causing serious injury.
 - 3 Fallout/radiation arrives later causing other serious injuries.

C. Find cover immediately so that you are not:

- 1 Burned by the heat.
- 2 Thrown by the blast.
- 3 Struck by flying debris.

D. Take cover in one of the following to increase your chances of survival:

- 1 Inside a building.
- 2 Cellar.
- 3 Ditch or culvert.
- 4 Parked car, truck, train, etc.
- 5 Freeway under or over pass.
- 6 Any object that is stable and not flammable.



E. After the heat and blast waves have passed:

- 1 Go to the closest shelter that is safe from fallout.
(Designated area in your home, city, school, etc.)
- 2 Be prepared to stay there for at least 48 hrs. to 2 weeks.

SHELTERS: You may have a fallout shelter located in your community or you can build one out of dirt or concrete. By placing as little as 2.4 inches of concrete or 3.6 inches of dirt over your shelter, radiation levels can be reduced by half.

NOTE: The dangers from fallout radiation will decrease over time. 2 hours - radiation level drops about 50%. 7 hours - radiation level drops 10 times. 48 hours - radiation level drops 100 times.

2. OTHER VIOLENCE - RIOTS, LOOTING, BOMB THREATS, TERRORISM

A. Dangers!:

- 1 Injury.
- 2 Loss of life caused by explosions, assault and/or gunfire.
- 3 Damage to property caused by riots, looting and fires associated with the violence.

B. Find safety safely and quickly by:

1. Following your Family Disaster Plan. . 2. Evacuating the area if you can do so safely.
- 1 If it is not possible to leave, go to the designated safety area in your house.
- 2 Keep all doors & windows LOCKED.
- 3 If at school or office, find safety safely and quickly. Take appropriate action.
- 4 Remain calm.

HAZARDOUS CHEMICAL SPILL

This can be harmful to the environment as well as to our health. There are many chemicals that can be a threat to us. Usually they become hazardous to us and our surroundings if they are uncontrollably released in one of the following ways:

1. Transportation accidents involving trucks or trains.
2. Accidental spill including faulty valves, explosions, ruptures due to natural disasters.
3. Intentionally dumped.

THE DANGERS!

1. Fires
2. Explosions
3. Toxic gases that can be disabling or fatal.
4. Possible contamination of the area.

BEFORE:

1. Know what could happen in your area.
2. Have your 3-day evacuation kit easily accessible.
3. Have on hand a 14-day supply of food, water, fuel, etc.
4. Know your disaster plan. (Page 7)
5. Know your evacuation plan. (Page 22)
6. Have some training in First Aid and CPR if possible.
7. Know your local warning signal and evacuation route.
8. Have and know how to use your fire extinguisher. (House, car, office.)



DURING:

- 1 STAY away from the scene of the accident
- 2 DON'T inhale gases, fumes or smoke.
- 3 DON'T touch the spilled material.
- 4 LISTEN to local authorities. Follow your evacuation plan if told to do so.
- 5 If the spill can't be identified, stay away from any accident victim until the authorities arrive.
- 6 Treat victims if it is safe to do so.
- 7 Take your 3-day evacuation kit with you if you are evacuated.
- 8 Protect your food, water and clothing from becoming contaminated.

EARTHQUAKES

BEFORE:

- 1 Have your 3-day evacuation kit accessible. (Page 14)
- 2 Know your disaster plan. (Pages 7)
- 3 Know and rehearse your evacuation plan with family members.
- 4 Practice family earthquake drills from different rooms so everyone knows what to do, and where the safest places are in your home, school and work.
- 5 Have some training in First Aid & CPR if possible.
- 6 Prevent possible damage by completing the “How Safe is Your Home?” (See page 12)
- 7 Consider earthquake insurance.



DURING:

Remain calm and think through the consequences before acting.

1. IF INDOORS:

- A. Stay indoors.
- B. Find protection. Stand in a doorway, stand against an inside wall, get under a sturdy desk, table or bed.
- C. Stay away from: Windows, mirrors, skylights, chimneys, light fixtures, high book cases, or other fixtures that might fall.

2. IF OUTDOORS:

- A. Get away from buildings, walls, utility poles and lines.
- B. If possible, move to an open area away from hazards and stay there until it is safe.

3. IF IN A CAR:

- A. Get away from hazards. (Overpasses, buildings, etc.)
- B. Stop as quickly as safety permits.
- C. Stay in the vehicle until it is safe.



AFTER:

Make a safety inspection:

1. Check for injuries and administer First Aid.
2. Check for fires and other hazards.
3. DON'T use matches, lighters, open flame appliances, or any electrical switches until you are sure there are no gas leaks.
4. If you smell gas, open windows and shut off the main gas valve and electrical switch.
5. Grab your 3-day evacuation kit.
6. Get out of the building immediately and report the damaged utilities to the utility companies.
7. Once outdoors:
 - A. STAY AWAY from hazardous areas. (Downed power lines, broken gas pipes, fires, buildings, etc.)
 - B. Be prepared for additional aftershocks.
 - C. Turn on radio and follow instructions from your local authorities.
 - D. Locate family members and contact your out-of-state Contact Person.
8. Before using the toilet, shower or sink, check to see if sewage lines are intact.



EXTREME WEATHER

HURRICANE: Winds in a wide circular motion: Category One 73-95 mph Category Two 96-110 mph Category Three 111-130 mph Category Four 131-155 mph Category Five over 155 mph

TORNADO: A whirlwind accompanied by a funnel shaped cloud.

WINTER STORMS: Extreme snow, ice and sleet.

LIGHTNING & THUNDER: A discharge of electricity within the storm cloud, accompanied by heavy amounts of rain or hail, and can cause tornadoes and flash flooding.



DROUGHT: Long period of time that passes without any substantial rainfall.

EXTREME HEAT: Temperatures are at least 10 degrees above the average high temperature lasting for several weeks or more.

BEFORE:

- 1 Have your 3-day evacuation kit accessible. (page 14)
- 2 Have on hand a 14 day supply of food, water, fuel, etc.
- 3 Have emergency tools in car. (Shovel, bag of sand, blankets, etc.)
- 4 Know your disaster plan. (Page 7)
- 5 Know your evacuation plan. (Page 22)
- 6 Have some training in First Aid & CPR if possible.
- 7 Know your local warning signal & evacuation route.
- 8 Secure objects that could be blown away. (Boats, sheds, dog house, etc.)
- 9 Tie down or bring indoors items that can't be tied down. (Toys, patio furniture, trash cans, etc.)
- 10 Protect glass windows & doors by boarding up, taping or closing the shutters if high winds are suspected.
- 11 Have a secure shelter.
- 12 Listen to local authorities. If told to evacuate, follow their instructions and remember the steps to your evacuation plan.
- 13 Have adequate insurance.

DURING:

1. Have your 3-day evacuation kit
2. Stay inside a secure and stable
3. Continue to listen to local
4. Stay away from glass windows,
5. One of the safest places to go
windstorm is in the corner of the
away from glass.
6. In a HURRICANE, be aware of
hurricane. The storm may calm
then could become worse than
passed.
7. In a TORNADO, don't stay in
home. Find a secure and stable
and shield your head. Cover your
prevent suffocation from the dust.
8. In a WINTER STORM, don't
aware of the snow load on your
could collapse by the weight.
9. In a LIGHTNING STORM:
 - A. Get out of and away from any
river, etc.)
 - B. Don't use any electrical appliances.
 - C. Only use the telephone for emergencies.
 - D. Stay away from large metal objects.
 - E. If outdoors, find protection down low. Don't be the tallest object in the area.
 - F. If your hair stands up or your skin tingles, DROP to the ground immediately. Lightning may strike any second.
 - G. If a person is struck by lightning, treat them immediately. (First aid, CPR, shock) They will not shock you and are safe to touch.
10. In the event of DROUGHT AND EXTREME HEAT:



wherever you are.
building.
authorities.
doors, skylights, etc.
during a destructive
building next to the wall,

the "Eye" of the
down for a few minutes
before the "Eye" had

your car, trailer or mobile
building or lie in a ditch
face with clothing to

drive unless needed. Be
roof and other areas that

water. (Lake, ocean,

A. The dangers are:

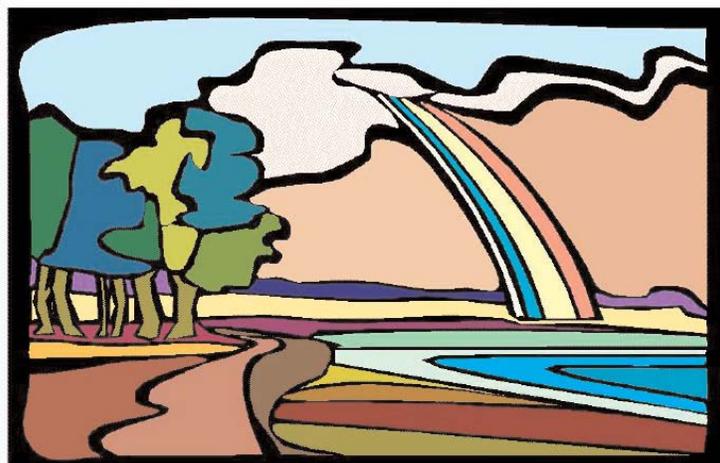
- 1 Heat strains on the body. This occurs when your body core temperature is above 99 degrees.
- 2 Heat impairment occurs when your body temperature is around 102 degrees.
- 3 Heatstroke, heart attacks, and collapsing from water depletion all occur when over exposed to the heat for a long period of time.
- 4 Prolonged drought can damage agricultural production and seriously impact the community economy.

B. Treat the dangers:

- 1 Wear loose fitting & porous clothes. Also a hat with a wide brim.
- 2 Drink lots of water to keep body fluid & salt level close to normal.
- 3 Rest regularly and stay in the shade.
- 4 In the event of a drought, conserve water to avoid depletion of supplies.

AFTER:

1. Administer First Aid to those in need.
2. Stay sheltered until notified by officials that it is safe.
3. Stay in contact with local authorities for other instructions.
4. Stay away from damaged areas.
5. Be aware of and report any hazards to proper authorities.
 - A. Damaged roads, bridges, buildings
 - B. Broken gas, water and sewer lines and downed power lines.
6. Don't use electrical appliances or turn on the electricity if the area is wet. Don't stand in water when working with electricity.
7. Don't go sightseeing in the disaster areas.
8. Use caution when driving through affected areas.
9. Don't use open flame if you suspect a gas line to be broken.
10. Inspect food for contamination. Discard if contaminated.
11. Check water supplies for contamination. Purify water if in doubt.



FIRES

BEFORE:

- 1 Have your 3 day evacuation-kit accessible. (Page 14)
- 2 Know your disaster plan. (Page 7)
- 3 Know your evacuation plan. (Page 22)
- 4 Practice family fire drills from different rooms so everyone knows what to do and how to escape a fire.
- 5 Have some training in First Aid and CPR if possible. (See Red Cross)
- 6 Prevent possible damage by completing the Home Hazard List. (See Page 12)
- 7 Have fire insurance.

DURING:

If indoors:

- 1 Call the Fire Department.
- 2 Contain the fire if possible. If not, get outdoors immediately.
- 3 **DON'T HIDE.**
- 4 Execute your evacuation-plan and practiced fire drills.
- 5 Warn others with your whistle.
- 6 Stay low to the ground if the room has smoke in it.
- 7 Feel any closed doors to see if they are hot before you open them.
- 8 If the door is hot, escape through the window or another exit.
- 9 If you catch on fire, **DON'T RUN.** Drop to the ground and roll over and over to smother the flames.

- 1 Go to the family's predetermined meeting place in the yard and take roll call.
- 2 If you couldn't call the fire department from inside, send someone to call now.
- 3 If possible, turn off gas and electricity from outside the building.

If outdoors:

- 1 **STAY OUTDOORS!**
- 2 Call fire department.
- 3 Meet other family members at your predetermined meeting place.
- 4 Watch little children so they don't go back inside.
- 5 If you see someone on fire, wrap them in a blanket or coat to smother the flames. **DON'T** use your bare hands.

AFTER:

1. DON'T re-enter the building until proper officials have given permission.



FAMINE

Famine is something that we don't give much thought. We think of third world countries when we talk about it. It is something that we are not immune to and should consider the effects and what we can do to prepare our families.

BEFORE:

Learn about gardening and how to can fruits and vegetables. Learn about good nutrition. Learn how to store food and water for an extended period of time. (See Page 40-42) Store and have at least 1 year supply of food for each family member. (See page 40-42) Have a water source. (Well, water purifier, etc.) Store garden seeds and have the necessary hand tools to grow them.

DURING:

You don't know how long it will last so: Ration your supplies as if they had to last you indefinitely. Plan ahead for the future. (Continue to store seeds, grains, etc.) Help others around you as much as possible. Learn and take notes in case you get another chance to prepare.

PLAGUES

A plague is an epidemic on a larger scale. It may be transmitted by other people, small animals, rats, mice, flies or mosquitoes. The results can affect large groups of people in the same area or could be spread worldwide.

BEFORE:

- 1 Learn what health hazards could affect your family
- 2 Have everyone current with their immunization shots.
- 3 Learn about good hygiene and cleanliness.
- 4 Keep your body healthy. Don't smoke, drink alcohol, eat too much, etc.

DURING:

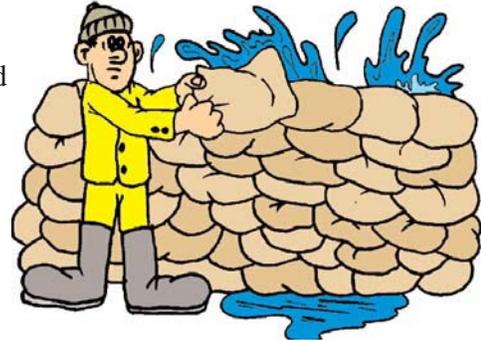
- 1 **STAY** away from contaminated areas. Avoid unclean areas and groups of people where disease and germs may be.
- 2 Continue to watch your diet and personal hygiene.
- 3 Keep your home and surrounding area free of rodents as much as possible.
- 4 Contact local professional medical authorities for additional help.



FLOODS

BEFORE:

- 1 Have your 3-day evacuation kit accessible. (Page 14)
- 2 Know your disaster plan. (Page 7)
- 3 Find out if your location is above possible flood levels and where are the nearest and safest areas.
- 4 Know your evacuation plan. (Page 22)
- 5 Consider flood insurance.



DURING:

- 1 Take your 3-day evacuation kit.
- 2 Follow your evacuation plan.
- 3 Listen to the radio for local instructions.
- 4 Stay in the safest area possible.
- 5 Don't attempt to cross through a waterway that is above your knees, extremely swift water or that is above the middle of your wheels.
- 6 Don't attempt to drive through waterways or flooded areas unless you are certain the roadway is safe.
- 7 Be aware of any hazards. (See below.)

AFTER:

1. Be aware of and report any hazards to proper authorities.
 - A. Damaged roads & bridges
 - B. Damaged buildings
 - C. Broken gas, water and sewer lines
 - D. Downed power lines
- 1 Don't use electrical appliances or turn on the electricity if the area is wet. Don't stand in water when working with electricity.
- 2 Don't go sightseeing in the disaster areas.
- 3 Use caution when driving through affected areas.
- 4 Don't use open flame if you suspect a gas line to be broken.
- 5 Inspect food for contamination. Discard if contaminated.
- 6 Check water supplies for contamination. Purify water if in doubt.
- 7 Stay in contact with local authorities for other instructions.

CHAPTER 3 RECOVERY

Disasters usually strike quickly and without warning. This can be very frightening for adults, but are especially traumatic for children. Reduce anxiety and fear with the following:

BEFORE:

1. Know and teach each family member your Disaster & Evacuation plans.
2. Teach your children how to recognize the danger signals.
 - A. Smoke detectors.
 - B. Fire alarms.
 - C. Local warning horns or sirens from city officials.
3. Explain how to call for help.
4. Help them memorize the important family information.:
 - A. Name.
 - B. Address.
 - C. Phone number.
 - D. Know where to meet in case of an emergency. Younger children can carry a small card that lists emergency information to give to an adult or baby-sitter.

DURING & AFTER:

CHILDREN:

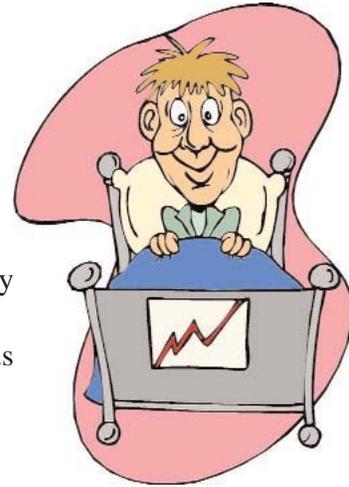
- 1 Look to you for stability, security, and guidance.
- 2 If we react with alarm, the child could become more frightened.
- 3 They see our fear as proof that the danger is real.
- 4 Their fears may come from their imagination. Take these feelings seriously.
- 5 A child who feels afraid is afraid.
- 6 After a disaster, a child is most afraid that:
 - A. It will happen again.
 - B. Someone will be hurt or killed.
 - C. They will be separated from their family and/or be left alone.



ADULTS:

1. Cope and recover quicker by:
 - A. Adequately prepare for a disaster.
 - B. Remain calm during the disaster.
 - C. Act responsibly.

2. Help children and others in need emotionally by:
 - A. Understanding how they feel.
 - B. Reassure them with love and firmness. They need to be reassured by your words and actions.
 - C. Keep the family together as much as possible. Children get anxious and worry that someone may not return.
 - D. Don't ignore the emotional needs of the child.
 - E. Explain the facts about the event.
 - F. Encourage them to talk.
 - G. Listen to them.
 - H. Include them in recovery activities.
 - 1 Give them chores. This will help them feel a part.
 - 2 Having chores helps them feel they are helping to make things better.
 - 3 Assist the elderly and disabled.



RECOMMENDATIONS

Store some of everything. Don't just buy wheat and powdered milk and think "Life will be great!" Store the kind of foods you eat in all of these categories.

If you have the money and **like the convenience** of already prepared foods, store Freeze Dried and MREs.

If you are on a **tight budget**, buy a little extra each time you go to the grocery store, plant a garden, avoid fast food and save your money for some extras.

How Much?

This varies depending upon your age, size and needs. We offer a computerized print out of how much your family needs for 1-1000 months of storage with a listing of how many calories, fat, protein, etc., that the food will give you. This is customized to fit your family's needs by taking into consideration the age of each member, then calculates a balanced diet.

Email us at info@areyouprepared.com for more about this.

Here is a sample of the very basics for survival for an average person.

Foods	Lbs. perperson for 1 year
Grains	300
Powdered Milk	300
75 Sugar/Honey	60
Salt	60
5 Fats/Oils	20
Legumes	20
60 Fresh or Dried Vegetables	370
Canned or pickled	370
.....	370

How to Store?

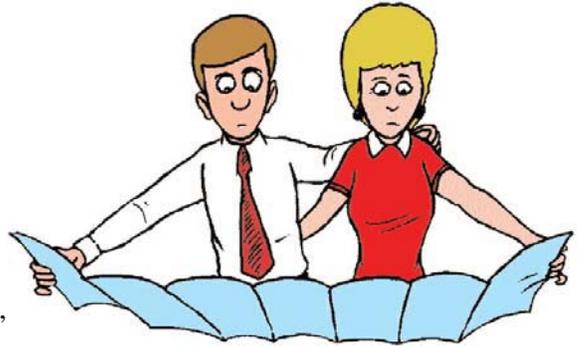
Containers are very important. To extend the shelf life of the foods, choose the containers and how they are packaged wisely. Air, light, heat, moisture, pests, etc., will destroy your food if allowed in any container.

Recommendation:

There are advantages and disadvantages to every container. We recommend using the following for the different food groups to accomplish an optimal food storage program. Don't store all in just one type of container.

Your choices

1. Paper and plastic bags: Not good for long term storage. Rotate these items within 6 months to a year.
2. 5 or 6 gal plastic food grade buckets: Great for storing wheat, grains, beans and sugar. If packaged properly, food will store a very long time.
3. No.10 double enameled cans: If packaged properly, food will store for a very long time.
4. Bottles: For canning and preserving fruits and vegetables.
5. Metal cans: Not recommended because of rusting.



Rotation

Rotation is very important. Food loses its nutritional value over time and when it is exposed to light and heat. Always keep it cool and in a dark room. If you had a 1 year supply of food and you ate from it once a week, you would rotate your entire 1 year supply in 7 years.

WATER

We've already discussed the importance of water and how to find, store and purify it. (See Chapter 1.3). It is recommended to store 1 gal per person per day for 2 weeks. It becomes impossible to store enough water for 1 year for a person. Having a source of water and knowing how to purify it, becomes very important.

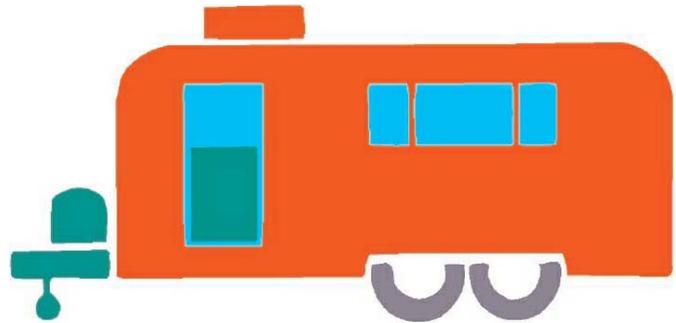
CLOTHES

If times become difficult it may be nice to have on hand extra clothes to go through and wear if for some reason you can't buy them. Every 6 months to a year go through your clothes and see what you really wear and what you don't. Take the ones that you don't wear and put away in time of need. As you rotate out of your closet also rotate out of your storage box keeping the best items. Also store a few pair of shoes.

FINANCES

Have on hand \$100 cash in small bills, credit cards, checkbook. Put all of your important documents in a safe, fire proof place. Have all of the necessary insurances in place to protect you against losses.

Consider the necessities and luxuries that a camper, travel trailer or motor home can provide during difficult times, as you think about the following.



SHELTER

If you are temporally displaced you may be able to go to a friends/relative or stay in a Motel. If not, here are some alternative temporary shelters you may consider. Tent, camper, travel trailer, motor home, community shelter, bomb shelter or any other out building that is safe. If you would like more information about bomb shelters and how to build one, email us at info@areyouprepared.com and we'll send you more information

HEAT

Heat is critical during the cooler times of the year. Consider having on hand some of the following: Space Blanket, Hand Warmers, Portable Heater, Matches, Fuel for the Heater, Wood Burning Stove/Fireplace, Wood, Camper, Travel Trailer, Motor Home, Blankets, Sleep Bags.

LIGHT

Matches, Flashlight, Batteries, Lantern, Cyalume Chemical Light sticks, Candles. Remember to have batteries and fuel on hand.

FUEL

Many fuels do store very well and can be dangerous. Propane is one of the easiest and safest to store.

COOKING

If you have prepared well you may have storage foods that don't need a lot of cooking. Freeze Dried foods and MREs are great because there is little or no cooking. But if you have to cook, think of using your Patio Gas BBQ or camper/travel trailer/ motor home's stove. Remember to have sufficient fuel on hand for these.

SANITATION

Keeping clean during disasters and emergencies is essential to maintain good health and is often difficult to accomplish. Think for a moment: what would you do with out running water? Here is a list of some sanitation supplies.

Portable camping toilet, heavy-duty plastic bags, metal trash cans, paper towels, rubber gloves, scrubbing pads, detergent, rodent traps, disinfectants, shovel, liquid soap, shampoo, towelettes, wash cloths, disposable plates, cups, eating utensils, pocket knife, infant supplies, disposable diapers, toiletries just to name a few.