



EMERGENCY PREPAREDNESS WORKSHOP:



Emergency Preparedness

(For Students, Apartment Dwellers, Singles,
Resource/Spatially Challenged)

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What is Emergency Preparedness?

Emergency Preparedness is the process of identifying potential hazards and preparing in such a way to mitigate their effects. Emergency Preparedness also includes properly preparing how to respond during the emergency and the necessary recovery following the event.





What is Emergency Preparedness?

- Emergency Preparedness is a component of Provident Living and Self-Reliance.
- What is Provident Living?
- Provident Living Means...Living for today while preparing for tomorrow.



Emergency Preparedness = Self-Reliance

- What is Self-Reliance?

“The Savior has commanded the Church and its members to be self-reliant and independent. ...

“To become self-reliant, a person must work. Work is physical, mental, or spiritual effort. It is a basic source of happiness, self-worth, and prosperity. Through work, people accomplish many good things in their lives. ...

“As people become self-reliant, they are better prepared to endure adversities” and are “better able to care for others in need.” Church Handbook of Instructions



Self-Reliance

Our ability to serve is diminished or increased by our level of Self-Reliance.

“Without self-reliance one cannot exercise these innate desires to serve. How can we give if there is nothing there? Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak.” Marion G. Romney



Do I need to Prepare?

“Too often we bask in the comfortable complacency and rationalize that the ravages of war, economic disaster, famine and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord or they do not believe them.

Those who smugly think these calamities will not happen, that they will somehow be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion. The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His Servants, on how we can be prepared for these difficult times.”

Ezra Taft Benson, June 1980



Why Should We Prepare?

- Good Insurance Against the Unknown!
- Recommended by FEMA, Red Cross and other relief agencies.
- Counsel from our Church Leaders
- Wise Financial Investment (Commodities)
- Self-Reliance / Living Providently
- Not a slave to our Debtors
- Learn experience for “future” troubled times. (Gardening, Cooking, Water Treatment, Etc.)





What is Your Preparedness Plan?





Gilbert, AZ. Disaster Preparedness

Town of Gilbert, Arizona - Department of Emergency Management

12 Areas of Focus in Developing Gilbert's Emergency Response Plan
(12 Events Identified as Most Likely to Occur in Gilbert)

- | | |
|---|-----------------------------|
| 1. Poor Air Quality | 7. Hazardous Material Spill |
| 2. Civil Disturbance | 8. Heat wave |
| 3. Common Carrier Accident
(Plane, Train, Car, Bus, Etc..) | 9. Pandemic Influenza |
| 4. Earthquake | 10. Palo Verde Disaster |
| 5. Power Outage | 11. Storms/Floods |
| 6. Fire/Explosion | 12. Terrorism |



Evacuation Plan

- If you are forced to evacuate, you most likely won't have the time to stop and buy the appropriate maps and plan your route or communicate with family.
- Make your plans NOW where you will regroup if separated and what routes you will take.
- Review the plan at:

http://www.iwillprepare.com/index_files/Evacuation_Plan.htm



Evacuation Plan

REGROUP LOCATION FUNDAMENTALS

Add maps, directions and GPS locations

Situation	Our Regroup Location
If we must evacuate our home but not the immediate area. (ex. House fire, other home damage) Regroup At:	
If we must evacuate the immediate area but not our neighborhood. (ex. Water Main Break, Police Incident) Regroup At:	
If we must evacuate our neighborhood but not the metro area. (ex. Gas Leak, <u>Haz Mat Spill</u>) Regroup At:	
If we must evacuate the Metro. Area but not the State. (ex. Flooding, Riots, Earthquake) Regroup At:	
If we must evacuate the State but not the Country. (ex. Nuclear, Biological or Chemical Incident) Regroup At:	
If we must evacuate the Country. (ex. War) Regroup At:	



Communications



YOU HAVE 3 UNREAD MESSAGES



Reverse 911



- Instead of you calling 911 to report an emergency, Emergency Services, knowing there is an emergency in your immediate area, can call you.
- All land lines are already connected as they are tied to a fixed location...your home. (CenturyLink, Cox)
- Cell phones and VoIP phones can also be registered at:

<http://www.maricoparegion911.org/index.htm>





Emergency Notifications via Email or SMS



NATIONAL WEATHER SERVICE

NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION

[HOME](#) [FORECAST](#) [PAST WEATHER](#) [WEATHER SAFETY](#) [INFORMATION CENTER](#) [NEWS](#) [SEARCH](#) [ABOUT](#)

Local forecast by
"City, St" or ZIP code

[Location Help](#)

Severe weather threat will continue across the Great Plains to the Ohio Valley on Tuesday. Flash flooding will be possible from the south central Plains to the Ozark Plateau where heavy rain is expected.

Severe weather will be possible on Tuesday from the central Plains to the Ohio Valley. The Storm Prediction Center has highlighted an area of Slight Risk for the possibility of damaging winds across these areas. In addition to the severe weather threat, flash flooding will be possible from the south central Plains to the Ozark Plateau where the heaviest rainfall is expected.

[Read More...](#)

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Enter Your City, ST or ZIP Code

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Email and SMS Weather Alert Services

[Weather.gov](#) > Email and SMS Weather Alert Services

National Weather Service
National Headquarters

The National Weather Service (NWS) provides alert and warning information through official dissemination sources, including [NOAA Weather Radio](#), [NOAA Weather Wire Service](#), and [Weather.gov](#) to the public, and the [INWS service](#) for core partners (emergency management community, government partners of an NWS office, or members to the electronic media who need direct interaction with NWS). The National Weather Service does not provide direct email/SMS alerts to the general public.

Third party sources that deliver email and SMS weather alerts are listed below. This list contains the providers/services that we know. If you are a provider of a weather alerting service and want your service added to the list below, please contact nws.subscribe@noaa.gov. **Note:** This email address is not for subscribing to NWS alerts.

DISCLAIMER: NWS does not endorse the services or providers listed in the table below. Information presented in the table is believed to be correct at the time of posting. Any fee or payment required for service is the responsibility of the consumer. The NWS recommends using multiple sources of information to validate the information that is received.

NOTE: Unless otherwise indicated, all links below take you outside this federal government website. You may wish to review the privacy notices on these sites as their practices may differ from ours.

LISTING OF ALTERNATIVE SOURCES OF WEATHER ALERTS

General Information	Access
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Emergency Notifications via Text Messaging

LISTING OF ALTERNATIVE SOURCES OF WEATHER ALERTS

General Information	Access
ACEMWIN-HURR-L Hurricane Bulletins Listgroup Alachua County Skywarn maintains a listserv to provide email alerts of hurricane/tropical storm information for the Atlantic and Gulf of Mexico regions. Information is generated at the National Hurricane Center.	E-mail free
AccuWeather AccuWeather.com provides free email forecast and severe weather alerts.	E-mail free
Alachua County EMWIN Project The Alachua County EMWIN Project provides free weather bulletins to your e-mail, pager, or cellphone - as a public service to the local Alachua County and surrounding North Central Florida communities.	E-mail, text free
AlertFM ALERT FM is an aggregator of State and Local emergency information with multiple contact paths for mass notification. Emergency information is delivered via the data subcarrier of existing FM radio stations, SMS (text) and email. This personal alert and messaging system allows emergency management officials to create and send digital alerts and messages to recipients such as first responders, school officials, businesses, and citizens based on geographic or organizational groupings. Such alerts and messages might include NOAA weather warnings, evacuation instructions, homeland security notices, Amber Alerts, or school closings.	E-mail and commercial receivers Buy receiver
AudioNow AudioNow™ lets broadcasters reach over 300 million cell phone users at no incremental cost through our proprietary patent pending technology. Users can now listen to your broadcasts on any phone. No expensive phones or data plans necessary! AudioNow provides mobile streaming to any mobile device. Listeners can access the latest local National Weather Service forecast by calling any of the numbers below. This is a beta service which is only provided in the Washington DC metro area at this time. Washington, DC area - 202-349-0185 ; Manassas, VA area - 703-652-1210 ; Baltimore, MD - 410-500-4450 ; Fredericksburg, VA area - 540-322-4035	E-mail and telephone (broadcaster pays for service)
BoatU.S. Receive Public Advisories from the National Hurricane Center as they are issued, PLUS detailed maps of the forecast track, wind bands and wind field for each named storm. Choose to receive alerts from one or more of 5 regions in the Atlantic or Gulf of Mexico.	Email \$
Call Loop Call Loop - makes it easy for schools, organizations, and local government agencies to send emergency alerts via	Mobile device



Emergency Contacts

- Keep a list of important information & phone numbers in an obvious location.
- Make the list understandable from a stranger's perspective.
- What if a paramedic is trying to make sense of it?
- See the following example:

EMERGENCY NUMBERS

911

 **POLICE**

 **FIRE**

 **EMS**



Family Emergency Contact Sheet



The First Aid Kit is located: _____

General Info-		Emergency Phone #'s	
Home Address:		Emergency Services: 911	
Home Phone #:		Police:	
Father Work #:		Fire:	
Mother Work #:		Ambulance:	
Father Cell #:		Hospital:	
Mother Cell #:		Urgent Care:	
Babysitters:		Poison Control:	
Emergency Contacts:		Gas Company:	
Out-Of-Town Contact:		Other:	
Insurance [Primary]		Insurance [Secondary]	
Medical:		Medical:	
Pharmacy:		Pharmacy:	
Dental:		Dental:	
Vision:		Vision:	
Father Name:		Mother Name:	
DOB:	Blood type:	DOB:	Blood type:
Allergies:		Allergies:	
Medical Conditions:		Medical Conditions:	
Medications:		Medications:	
Doctors:		Doctors:	
Dentist:		Dentist:	

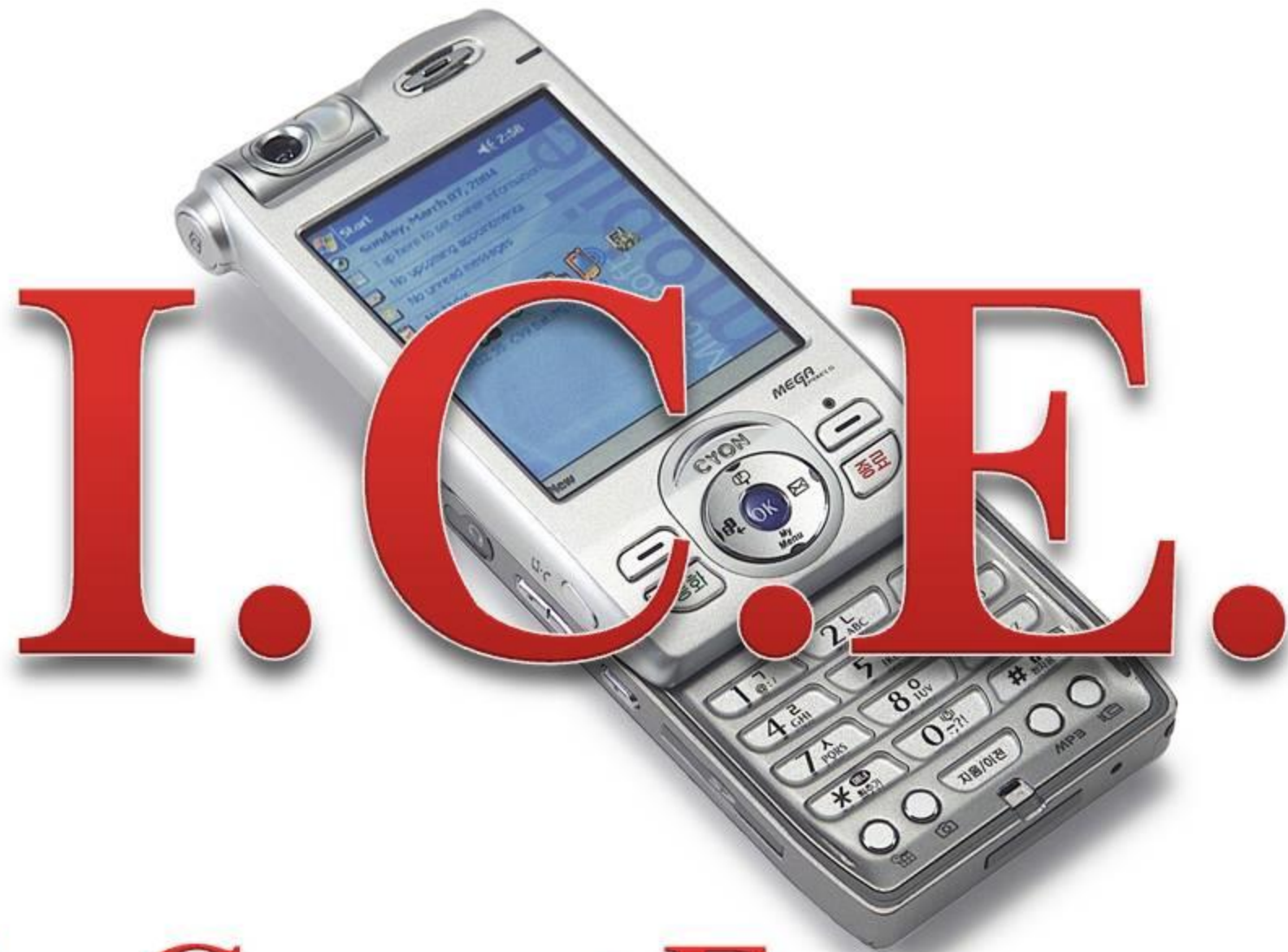
<div>Child 1</div> <div>Name:</div> <div>DOB:</div> <div>Blood type:</div> <div>Allergies:</div> <div>Medical Conditions:</div> <div>Medications:</div> <div>Doctors:</div> <div>Dentist:</div> <div>School/Teacher:</div>	<div>Child 2</div> <div>Name:</div> <div>DOB:</div> <div>Blood type:</div> <div>Allergies:</div> <div>Medical Conditions:</div> <div>Medications:</div> <div>Doctors:</div> <div>Dentist:</div> <div>School/Teacher:</div>
<div>Child 3</div> <div>Name:</div> <div>DOB:</div> <div>Blood type:</div> <div>Allergies:</div> <div>Medical Conditions:</div> <div>Medications:</div> <div>Doctors:</div> <div>Dentist:</div> <div>School/Teacher:</div>	<div>Child 4</div> <div>Name:</div> <div>DOB:</div> <div>Blood type:</div> <div>Allergies:</div> <div>Medical Conditions:</div> <div>Medications:</div> <div>Doctors:</div> <div>Dentist:</div> <div>School/Teacher:</div>
<div>Church Contacts</div> <div>Bishop:</div> <div>Home Teacher 1:</div> <div>Home Teacher 2:</div> <div>Relief Society President:</div> <div>Visiting Teacher 1:</div> <div>Visiting Teacher 2:</div>	



Emergency Contacts

- Enter all your Emergency contacts into your cell phone.
- Memorize your important numbers. You may not have your phone with you or a charged battery to look them up when you need to make the call.





In Case of Emergency



ICE Campaign

- In case of an emergency, how would the police or paramedics know who to contact?
- In an emergency, hospital staff or emergency services often waste valuable time searching through wallets and cell phones to determine which numbers to call.

Solution:

In Case of Emergency (ICE) Campaign



ICE Campaign

- Here is how it works: Store the word “ICE” into your cell phone’s contact list followed by the phone number of the person you wish to be contacted “In Case of Emergency”. For more than one emergency contact, enter them as follows: “ICE1” , “ICE2” , “ICE3” , etc...
- Sometimes emergency services can’t find an ID on the patient so when they try to notify next of kin, they have no name to give them nor will they know who they are calling. Consider entering the names as follows:

ICE1 Bob’s (Wife)
ICE2 Bob’s (Father)
ICE3 Bob’s (Doctor)
ICE4 Bob’s (Work)



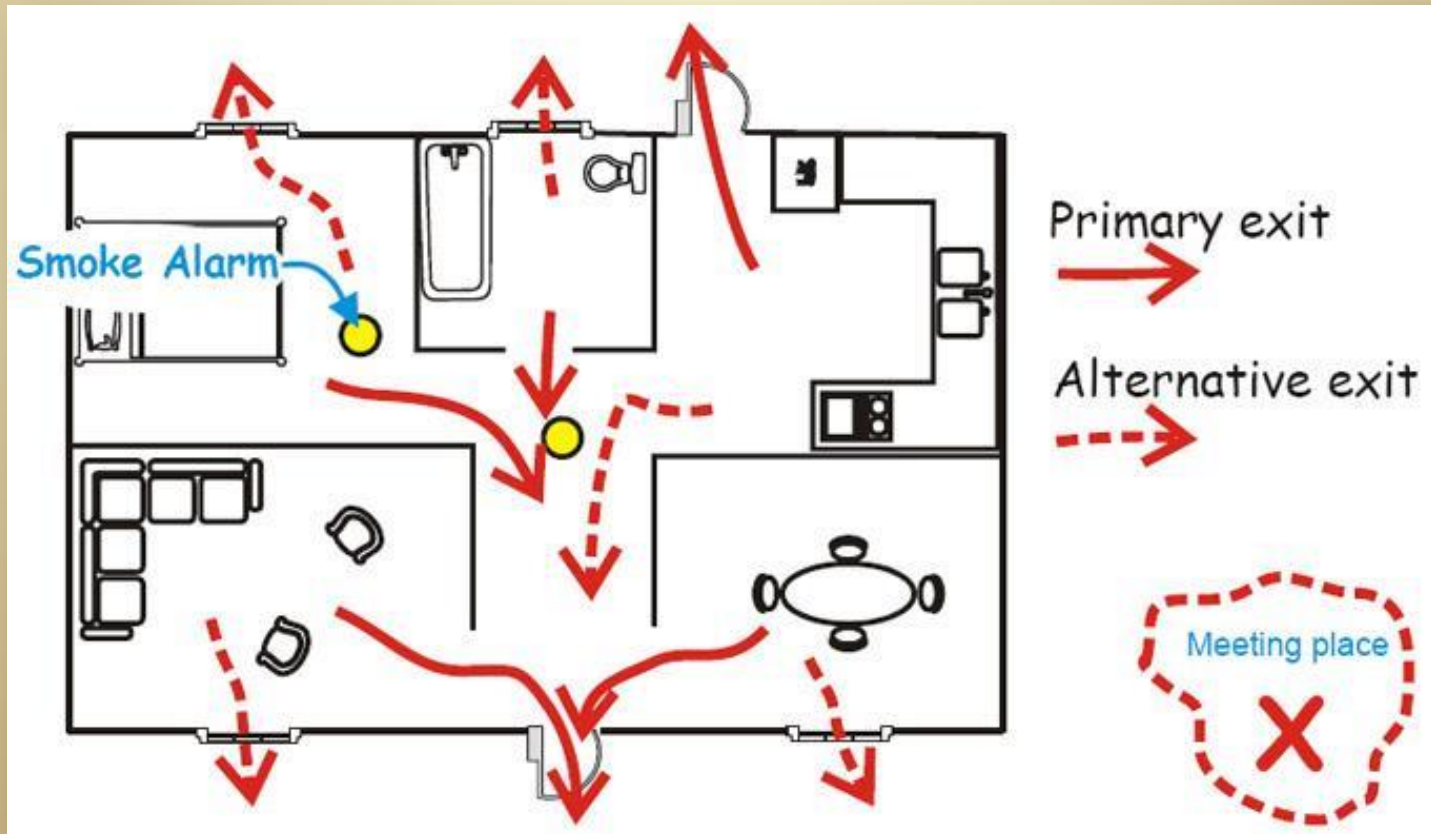
Home Fires





Home Fire

- Setup a home fire escape plan. Practice it.
- If multiple people live in your home, share and practice the plan with them.





Home Fire

- Test your smoke alarms at least twice a year.
- Replace the batteries.





Home Fire

- Buy Fire Extinguishers for your Kitchen, Garage and Laundry Room.





Home Fire

- Place a pair of socks and shoes, a flashlight and a chemical light stick under your bed.





Shutting-Off Utilities





Shutting-Off Utilities

- Shutting off utilities may prevent further damage caused by disasters by potentially eliminating, gas leaks, flooding or other water damage, fires or electrocution to name a few.
- Everyone in your home should know where these controls are located and how and when it is appropriate to shut them off.



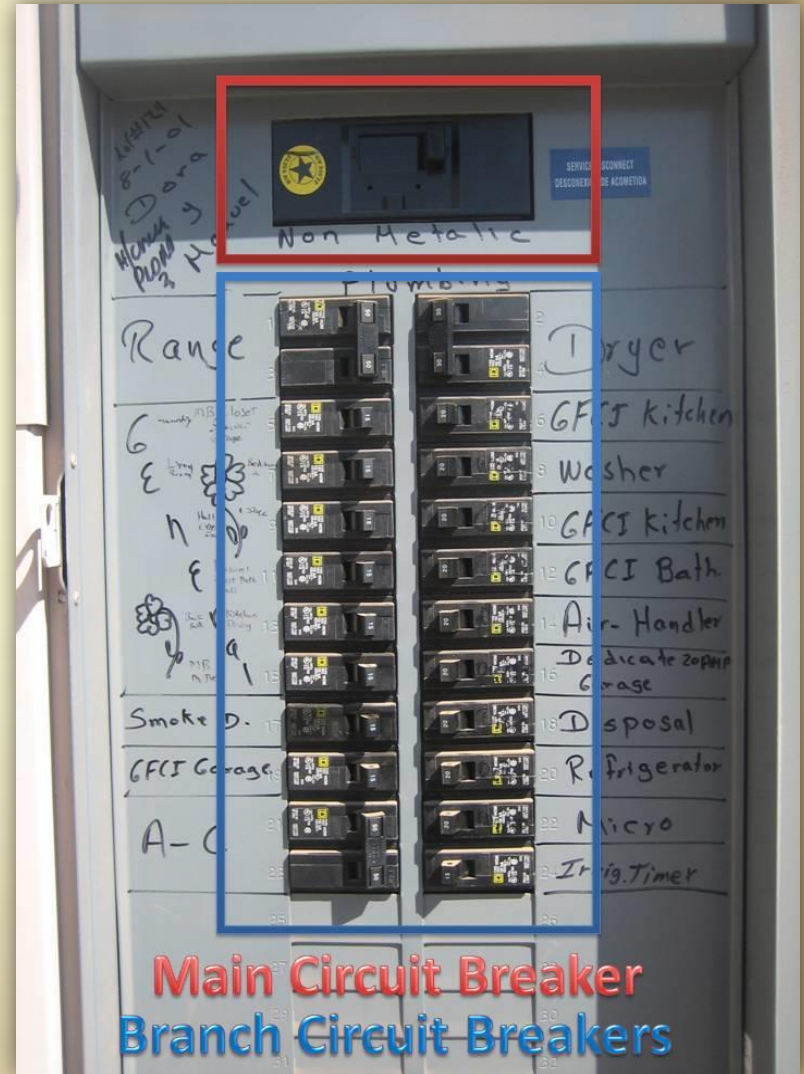
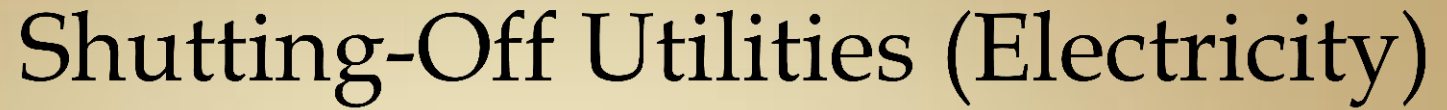
Shutting-Off Utilities





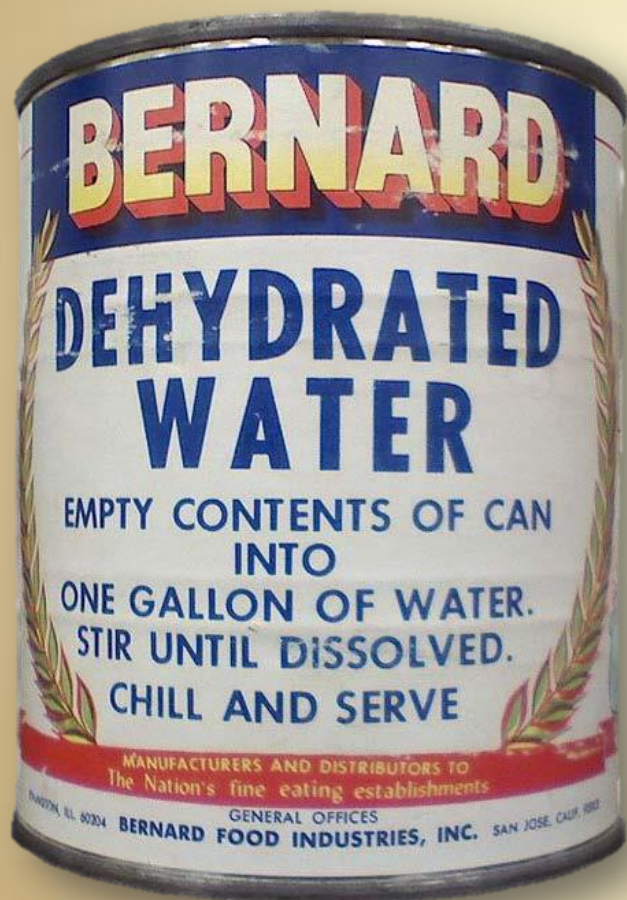
Shutting-Off Utilities (Water)







Water





Water

- Store at least 6 gallons of water in portable containers, such as: bottled water, 2-liter soda bottles, 1 gal. juice bottles. (Not Milk Jugs!)
- Store more if you have room.





More Water

- Consider ways to treat water to make it safe to drink:
- Boiling (Best Method)
- Backpacking Filter/Purifier
- Tablets
- Bleach





Short-Term Food

**"I used to eat a lot of natural foods
until I learned that
most people die of natural causes"**



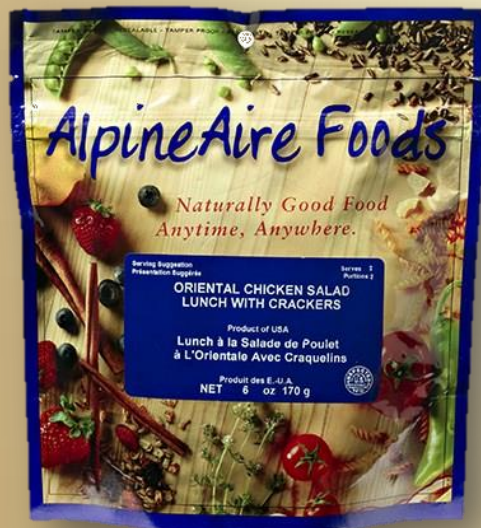


Short-Term Food

- The church recommends a 90-Day Food Supply:
- For some this might be financially or spatially challenging.
- If this is the case for you, start with 3 days of food and try to expand it to a week then 2 weeks or whatever you can do.
- Try to buy food that is, Nonperishable, needs No Refrigeration, No Heating, No Water Needed, No or Little Preparation.
- Remember that food Improves Morale.
- Here are some options....



Short-Term Food





Cooking

- Simple Cooking Methods:
 - Rocket Stove (Fuel = twigs)
 - Alcohol Stoves (Possible Indoor Use)
 - Propane Stoves
 - Charcoal





Important Documents

- Place your important documents in a Red File.
 - A binder of all your critical documents
 - Can be easily grabbed if you need to evacuate.





Important Documents

- Birth, Marriage, Death Certificates
- Medical & Immunization Records
- Prescriptions, Dental Records
- Licenses, Passports, Visas
- Naturalization / Immigration Papers
- Cash, Checkbook
- Credit Cards Information
- Checking Account Info.
- Paycheck Stubs
- Debts
- Stocks, Bonds, Investments
- Student Loan Records
- Credit Reports, Tax Returns
- Home Inventory (On video Preferably)
- Serial Numbers of Valuable Products
- Résumés
- Titles, Deeds, Mortgage Records
- Lease Agreements
- Automobile Registration, Title, Bill of Sale, License Plate # and Vin #
- Car Insurance Policy and Agent Info.
- Home Security Codes
- Keys - Home, Cars, Safes, Mailbox
- Property Tax Records
- Diplomas, Transcripts
- Contracts
- Wills, Testaments, Trusts, Inheritance
- Power of Attorney, Court Documents
- Church Records and Certificates
- Patriarchal Blessings
- Backup of Computer Files
- Diaries and Journals
- Family History (Genealogy)
- Family Videos
- Favorite Pictures (Scan and burn to CD)
- Scrap Books
- Life Insurance Information and Agent
- Emergency Preparedness Plan
- List of Emergency Contacts



First Aid





First Aid

- Start with a store bought kit.
- Expand with personal needs & frequently used items.
- Consider becoming First Aid, CPR & AED Certified.





Sanitation





Sanitation

- After a disaster, water & sewage lines may be disrupted. Earthquakes, floods and mudslides can break sewage and water lines.
- Power outages: Water and sewer lines are dependent on electricity to run their pumps.
- When Water/Sewer lines are down, Sanitation can become a serious problem...Very Quickly!
- "People affected by disasters are more likely to become ill and to die from diseases related to inadequate sanitation and water supplies than from any other single cause." (World Health Organization)
- As much as possible, continue regular hygiene habits. This will help prevent the spread of disease and irritation as well as help relieve stress.



Sanitation

From an Article where a researcher is referring to his own official research submitted to the New Zealand Government:

“In 1998 in Auckland, New Zealand there was a lengthy power failure that in turn led to several days without water ...

People in general are not smart. Rather than try and conserve or make a plan once the water stopped flowing, they would flush their toilets. Without power from the force of water pressure the tank doesn't refill. The domino effect is not only gross but staggering, what human beings that have never lived beyond modern conveniences will do is unimaginable. What I researched and wrote about blew my own mind...when people were actually confronted with such a situation, they went where ever they could - they filled the toilet, the toilet tank, the tub, the shower, the sink - when the bathrooms became uninhabitable, they went in corners, boxes, bags, closets...most however left by the time they were using the tub. Guess how long that took? just three days!”



Sanitation

- Using your home toilet is only practical when you are staying at home and the toilet is intact.
- If you have to evacuate, you lose your toilet as well.
- Assembling a portable toilet sanitation kit can mean having sanitation needs wherever you are.
- Use a 5-6 gallon bucket with a toilet seat lid.





Sanitation

- 5-6 gallon bucket with Toilet seat lid
- Garbage bags [kitchen size] (to use as toilet liners)
- Large garbage bags for storing sewage.
- Toilet paper
- Liquid bleach
- Rubber gloves
- Kitty Litter
- Chemical deodorant
- Rope, tarp and clothes pins or pop-up privacy shelter
- Anti-bacterial wipes or spray
- Wet-wipes, towellettes
- Feminine supplies
- Shovel
- Dish & hand soap & hand sanitizer
- Personal Hygiene Items





Finances





Finances

- Pay an honest tithe
- Create a budget and live within it.
- $\text{Inflow} > \text{Outflow} = \text{Provident Living}$
- $\text{Outflow} > \text{Inflow} = \text{Debt}$
- Get out of Debt
- Have a supply of emergency cash on hand.





Emergency Evacuation Kits





Emergency Evacuation Kits

- Emergencies may arise that require you to evacuate temporarily.
- You will need supplies you can use to keep warm, dry, fed and hydrated and treat minor injuries.
- Experts agree that following a moderate to large scale disaster, emergency services will not have sufficient personnel or supplies to address the needs of everyone.
- A “Lag-Time” will exist before services and supplies can get to you.
- On average that lag time has been about 72-Hours.
- During that time, you alone may have to provide your own, food, clothing and other necessary supplies.



Emergency Evacuation Kits



www.iwillprepare.com
Emergency Preparedness

Billy

Evacuation Kit Planning Sheet

72-Hour Kit, Go Bag, Bug-Out Bag, Emergency Evacuation Kit... Whatever you choose to call them, evacuation kits are a vital part of your family's emergency plan. If forced to evacuate, you may have no advanced notice and have as little as seconds to leave your home. Having supplies packed and on-hand can literally mean the difference between comfort and hardship or even life and death. Assembling a kit is not difficult, it just requires a bit of organization and planning. Follow the instructions below to help you be successful.

First, make a copy of this list for each family member. Write each person's name at the top of their own planning sheet. Go through the list and highlight each item you wish to insert in that individual's Evacuation Kit. Remember! Each person has different needs, so no two kits will be alike. Also, make the kit is age-appropriate; you may choose to not include a pocket knife in the kit of a young child, etc... Once you have determined which items to include, find a temporary container to hold them in until you have gathered everything. Place whatever highlighted items you have at home in the kit, then cross them off your list. The remaining highlighted items are now your shopping list. Use this list in conjunction with your budget to determine how many items you can afford to buy each month. Once each highlighted item is placed in your kit, find a suitable container to hold the items (backpack/roller-duffle combo bags are my preferred choice). Select a bag that will only be used for this purpose and not emptied when the family goes on a weekend trip etc. Also try to place items in the kit that will not be taken out for other needs (ex. don't put your only flashlight in your kit, buy another one). Now your Evacuation Kit is ready. Print a list of your highlighted items and place it in your bag. You can use this list to make sure everything is in place 1-2 times a year as you rotate clothes, food, water and batteries.

Light

- ☐ Flashlight & extra batteries & bulbs (head mount style keeps hands free)
- ☐ Chemical light sticks (12-hour one time use)
- ☐ Candle (survival variety or 100 hour)
- ☐ Lantern (area light)
- ☐ Button Flashlight
- ☐ Portable solar panel & rechargeable batteries

**Consider solar, crank or LED styles to save on batteries.

Heat

- ☐ Matches in a Waterproof Container

- ☐ Method of Water Purification (Tablets, Means of Boiling Water, Bandana, Bleach, Water Purifier [Not just filter])
- ☐ Water carrier/storage bag (use with water treatment tablets)
- ☐ Drink Mix with electrolytes (Propel, Gatorade, Replenish, etc.)
- ☐ Coffee Filters (Water Filtering)
- ☐ Backpacking Water Filter

Shelter

- ☐ Tube tent, Bivy Bag
- ☐ Wool Blanket or Sleeping Bag
- ☐ Emergency reflective blanket (lightweight or heavy-duty)

- ☐ Cellular Phone + Charger
- ☐ Paper, pencil, Spanish-English Dictionary
- ☐ Pocket TV, Public Safety Scanner, CB, Two-Way Radios (FRS/GMRS/MURS)
- ☐ Prepaid Phone Card, Pre-stamped Postcards
- ☐ Portable HAM Radio (License Required)
- ☐ Aerial Flares, Road Flare, Smoke Signal
- ☐ List of Important Phone Numbers
- ☐ Hearing Aid Batteries

Sanitation & Hygiene

- ☐ Bath Wipes; Moist Towelettes
- ☐ Feminine hygiene supplies
- ☐ Toilet paper, Tissue Pack, Q-Tips



Emergency Evacuation Kits

Billy's Evacuation Kit List

- Flashlight & Extra Batteries & Bulbs (Head mount style keeps hands free)
- Chemical Light sticks (12 hour one time use)
- Hand and body warm packs
- Water (At least 3 day supply per person) (1 gallon per day; 2 qts. drinking, 2 qts. washing/cooking/sanitation)
- Wool Blanket or Sleeping Bag
- Emergency reflective blanket
- Rain gear (Poncho)
- Whistle
- Bright Color Trail Tape
- Paper, pencil
- List of Important Phone Numbers
- Bath Wipes; Moist Towelettes
- Toilet paper, towelettes
- Cotton-Tipped Applicators [Q-Tips] (Travel Box)
- Tissue Pack
- Toothbrush, Toothpaste
- Comb, Brush; Hair Accessories, Hair Spray, etc...
- Insect Repellant
- Complete Change of Clothing and Sturdy Shoes or Work Boots
- Hat and gloves, Thermal Underwear, Warm Clothing
- Hat, Sun Block
- Sunglasses
- Food (High energy, pre-cooked, ready-to-eat) (Stress/Comfort Foods)
- Mess kit, or paper cups, plates, and plastic utensils
- Dust Mask
- Earplugs
- Evacuation Plan; List of Regroup Locations
- List of Kit contents
- Photos of Family Members- (Up-to-date)
- Bag, container, backpack to carry supplies
- Games, books, hard candy, small toys, paper and pen, favorite security items
- Kids comfort Items
- Eyeglasses



Emergency Evacuation Kits

Billy's Evacuation Kit List

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- Paper, pencil
- List of Important Phone Numbers
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- Toilet paper, towelettes
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- Tissue Pack
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Emergency Evacuation Kits

Billy's Evacuation Kit Shopping List

- Chemical Light sticks (12 hour one time use)
- Wool Blanket or Sleeping Bag
- Emergency reflective blanket
- Whistle
- Toilet paper, towelettes
- Tissue Pack
- Comb, Brush; Hair Accessories, Hair Spray, etc...
- Insect Repellant
- Sunglasses
- Photos of Family Members- (Up-to-date)
- Eyeglasses



Emergency Evacuation Kits

Emergency Kit Contents for John Doe

- Backpack
- Water, Water Bottle, Snacks
- Wool Blanket, Hand and body warm packs, Emergency reflective blanket
- Complete Change of Clothing and Sturdy Shoes
- Hat, Sunglasses, Tissue Pack, Ear Plugs, Warm Hat
- Emergency Poncho, Rain Jacket
- Flashlight & Extra Batteries & Bulbs, 2 Chemical Light Sticks
- Personal hygiene items (Toothbrush, Toothpaste, Brush, Hair Accessories, hand sanitizer, chap stick) Wipes, Pull-Ups
- Mess kit, Utensils
- Paper, pencil
- Work Gloves, Whistle, Carabiners
- Games, books, small toys, pillow
- List of Important Phone Numbers, Photos of Family Members
- Kit Cards: List of Important Phone Numbers, Photos of Family Members, Insurance Cards, List of Kit contents



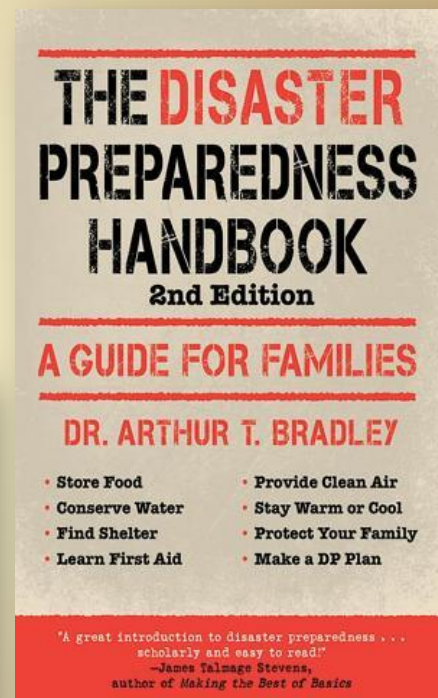
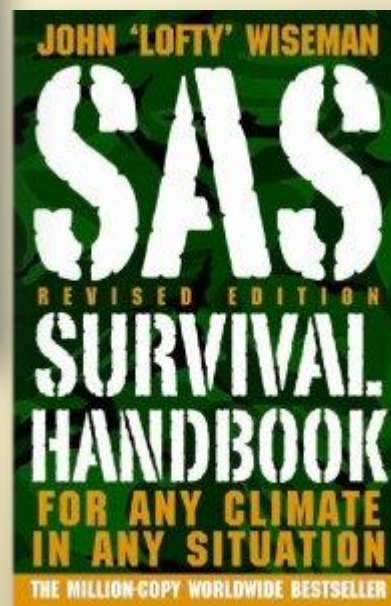
Emergency Evacuation Kits





Emergency Evacuation Kits

- Add a Preparedness book to your home library and read it.



THE DISASTER PREPAREDNESS HANDBOOK 2nd Edition

A GUIDE FOR FAMILIES

DR. ARTHUR T. BRADLEY

- Store Food
- Conserve Water
- Find Shelter
- Learn First Aid
- Provide Clean Air
- Stay Warm or Cool
- Protect Your Family
- Make a DP Plan

"A great introduction to disaster preparedness . . .
scholarly and easy to read!"
—James Talmage Stevens,
author of *Making the Best of Basics*



Go Camping

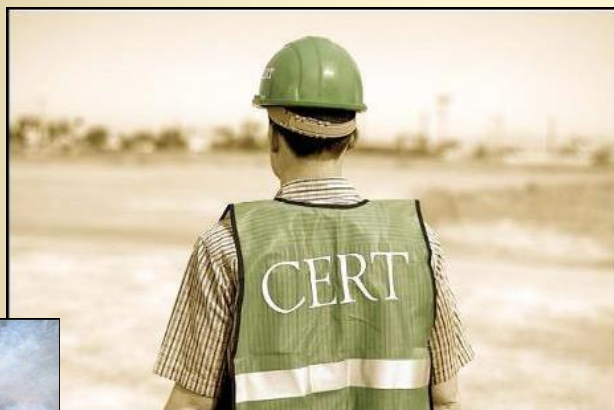
- Camping gear can be used as preparedness gear.
- What you learn camping, can help you be self-reliant if you have to evacuate or live temporarily without utilities.





Free Emergency Prep. Training

- Local Fire Departments teach free preparedness classes.
- Those wishing to volunteer can become a deployable asset to help first responders when needed.



CERT PROGRAM TOPICS

Class 1	Disaster Preparedness
Class 2	Disaster Fire Suppression
Class 3	Disaster Medical Operations I
Class 4	Disaster Medical Operations II
Class 5	Basic Search and Rescue
Class 6	Disaster Psychology
Class 7	Course Overview and Disaster Simulation

After completion of the training, volunteers will have the decision-making skills and tools to offer immediate assistance to family members and neighbors during an emergency. CERT graduates can also help improve the community with volunteer non-emergency projects and public events.



Random



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