NEW

How to Prepare for any Disaster

Your easy step-by-step preparedness guide

www.areyouprepared.com

Congratulations!

You've taken the first step to getting ready for any disaster.

Step 1
Know How to Prepare
(Learning and Understanding the Preparedness Process)

This book will help you understand the importance of making preparations before anything happens, and help you know what to do and how to act before, during and after a disaster.

Step 2
Have the Necessities Ready
You may have many of these items already. After reading this book, you should have a pretty good idea about what you will need. If you feel that you are missing something, check out our website at www.areyouprepared.com for a complete list of the necessities.

Read, discuss and become familiar with the information contained in this book so that, in the event of an emergency, you can act in a responsible manner to avoid a tragedy.

This booklet is intended to assist others in dealing with emergencies. The final decision of any action taken during a real emergency is the sole responsibility of the person involved. Emergency Preparedness Center and "areyouprepared.com" has made its best effort to produce a high quality, informative and helpful book. But they make no representation or warranties of any kind with regard to the completeness or accuracy of the contents of the book. They assume no liability for danger, harm, difficulty or injury of persons or property, or actions undertaken by any person in attempting to utilize the information contained within this book.

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Knowledge • Peace Of Mind • Preparation

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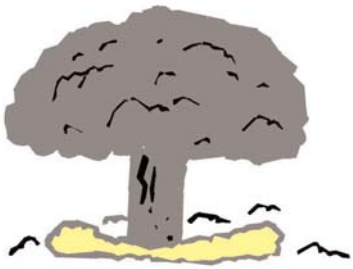

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CHAPTER 1
CREATING YOUR DISASTER PLAN

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.

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Important Phone Numbers

Post by each phone.

My Name _____

My Phone _____

My Address _____

My City _____

Nearest Intersection to my house _____

_____

911

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 _____

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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 _____

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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: _____

_____

_____

_____

_____

_____

_____

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My Important Numbers

My Name_____
My Phone Number_____
My Address_____
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

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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

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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 - Stay out of water and don't touch any bare wires until electricity is turned off. This could electrocute you.

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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 -

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

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

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

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.

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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 Non-Aspirin Pain Reliever
Scissors	Laxatives
Tweezers	Anti-Diarrhea Medication
Needle	Syrup of Ipecac - To induce vomiting if advised by Poison Control
Thermometer	Antacid
Tongue Blades	Sterile Adhesive Bandages in assorted Sizes
Assorted Sizes of Safety Pins	Special Medications for Family
Latex Gloves	
Antiseptic Soap	
Rubbing Alcohol	
Cotton	
Disposable Diapers	

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

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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 oder of chlorine should be detectable if the water is properly treated. Add a little more until smell is detectable.

	QUART	GALLON
Clear	2 Drops	8 Drops
Cloudy	4 Drops	16 Drops

Iodine

2% Tincture

Clear	3 Drops	12 Drops
Cloudy	6 Drops	24 Drops

Wait 30 minutes before using water.

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.

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How to Store Water

Water Storage Containers

Good	FDA approved Plastic drums Mylar bags Glass bottles or jars Water heaters	These containers don't allow in gases, vapors, odors or light.
Poor	Polyethylene plastics (Milk, water, bleach containers)	These pick up odors, vapors & light. Also are biodegradable and will leak.
Other:	Water beds, toilet tanks, inside pipes. Purify if in doubt.	

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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
- Credit Card accounts
- Bank Loan agreements
- Tax records
- Important guarantees, warranties and sales receipts
- Copies of your inventory video, photos and written copy
- Computer back up tapes
- Insurance policies
- Mortgage documents
- Deeds
- Vehicle Titles and Bill of Sales
- Wills and Trusts
- Medical records
- Employee benefit information
- Letter of Instruction in case of death
- Funeral and burial plans
- Copy of your family's Disaster Plan
- Journals & Family Histories
- Cherished family items: photos, slides, videos, books, scrapbooks
- Safe deposit box location, number, inventory of contents, key
- Investment portfolio
- Record of gold, sliver, collectibles and Jewelry
- Net Worth Statement
- Stocks, Bonds and other securities
- Accounts receivable information
- Purchase contracts
- All contracts
- Photocopy of documents that you have in your wallet or purse
- Certificates of birth, marriage, and death
- Divorce decrees
- Adoption and custody papers
- Name, address and number of your Accountant, Attorney, Executor, Trustees, Stockbroker and Insurance agents
- Location of your spare keys
- Citizenship papers
- Military papers
- Passports, visas
- Social security card
- Employment records
- Patents, copyrights
- School transcripts, diplomas

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.

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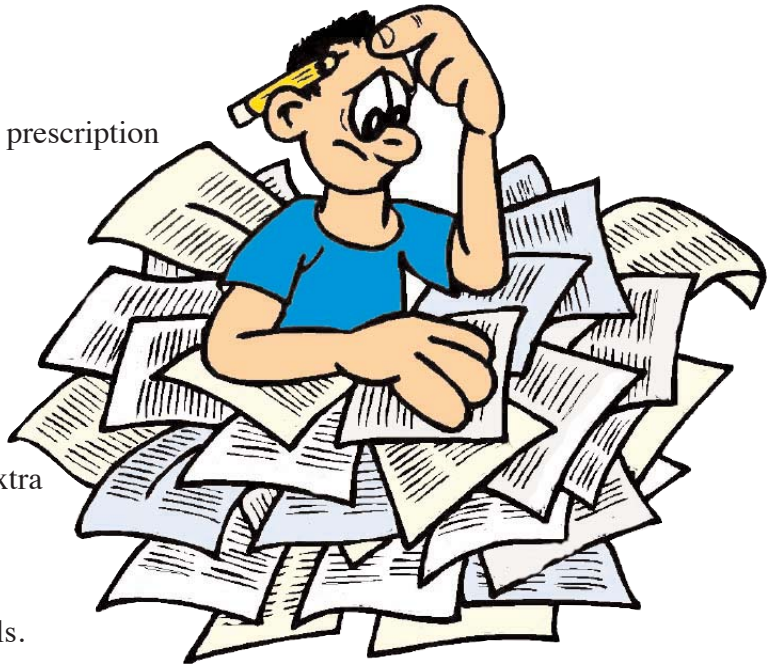
Know and have Wallet I.D. with the following information on every one in your family.

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

Inventory

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)

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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.

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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?

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

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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 disaster plan. (See page 7)
5. Always have at least 1/2 tank of gas in your vehicle(s).
6. Have smoke detectors on each level of your home.
7. Have a whistle in each bedroom for warning others.
8. Have the appropriate fire extinguishers.
9. Do the action plan check list on page 24.

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.

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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.

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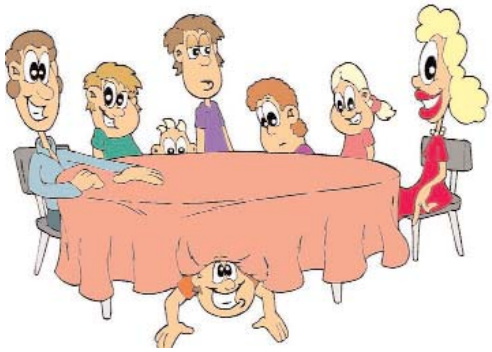
ACTION PLAN CHECKLIST

Are You Ready?



Take the time to ensure that all members of your family know the following:

YES	NO	
_____	_____	Know your family disaster plan. (Page 7)
_____	_____	Family evacuation plan. (Page 22-23)
_____	_____	Emergency numbers posted by phones.
_____	_____	Know how & when to call 911.
_____	_____	Know how to turn off electricity, gas & water. (Page 13)
_____	_____	First Aid Kit. (Page 15)
_____	_____	Trained in CPR & First Aid. (Call the American Red Cross)
_____	_____	3 Day Evacuation Kit. (Page 14)
_____	_____	Know where to go if city sirens go off.
_____	_____	Smoke detectors on each level of your home.
_____	_____	Fire extinguishers and know how to use them.
_____	_____	Whistles in every bedroom.
_____	_____	Eliminate fire hazards. (Page 12)
_____	_____	Adequate insurance coverage. (Home, life, fire, etc.)
_____	_____	Immunizations up to date.

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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

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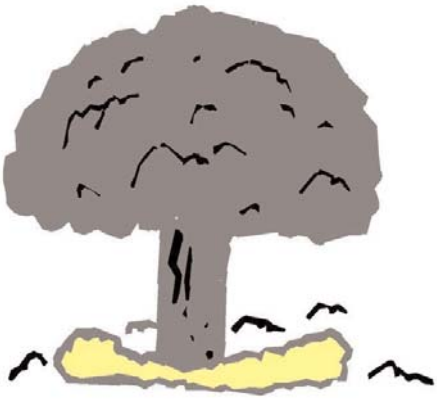
VIOLENCE

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.

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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 you 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 reduce 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.
3. If it is not possible to leave, go to the designated safety area in your house.
4. Keep all doors & windows LOCKED.
5. If at school or office, find safety safely and quickly. Take appropriate action.
6. Remain calm.

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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.

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EARTHQUAKES

BEFORE:

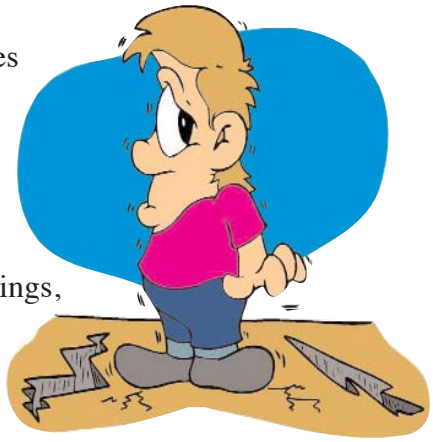
1. Have your 3-day evacuation kit accessible. (Page 14)
2. Know your disaster plan. (Pages 7)
3. Know and rehearse your evacuation plan with family members.
4. Practice family earthquake drills from different rooms so everyone knows what to do, and where the safest places are in your home, school and 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.

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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 after shocks.
   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.

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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,l 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.

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DURING:

1. Have your 3-day evacuation kit wherever you are.
2. Stay inside a secure and stable building.
3. Continue to listen to local authorities.
4. Stay away from glass windows, doors, skylights, etc.
5. One of the safest places to go during a destructive windstorm is in the corner of the building next to the wall, away from glass.
6. In a HURRICANE, be aware of the "Eye" of the hurricane. The storm may calm down for a few minutes then could become worse than before the "Eye" had passed.
7. In a TORNADO, don't stay in your car, trailer or mobile home. Find a secure and stable building or lie in a ditch and shield your head. Cover your face with clothing to prevent suffocation from the dust.
8. In a WINTER STORM, don't drive unless needed. Be aware of the snow load on your roof and other areas that could collapse by the weight.
9. In a LIGHTING STORM:
   A. Get out of and away from any water. (Lake, ocean, 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.

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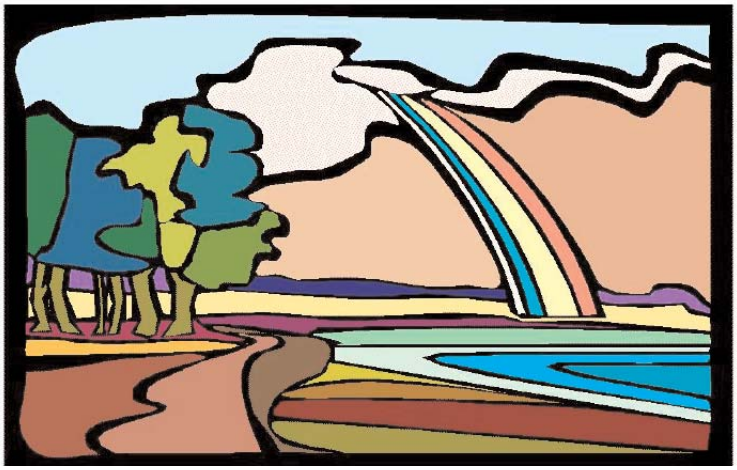
10. In the event of DROUGHT AND EXTREME HEAT:
    A. The dangers are:
        1. Heat strains on the body. This occurs when your body core temperature is above 99 degrees.
        2. Heat impairment occurs when your body temperature is around 102 degrees.
        3. Heatstroke, heart attacks, and collapsing 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.



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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.
8. Go to the family's predetermined meeting place in the yard and take roll call.
9. If you couldn't call the fire department from inside, send someone to call now.
10. 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.

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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:

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

DURING:

You don't know how long it will last so:

1. Ration your supplies as if they had to last you indefinitely.
2. Plan ahead for the future. (Continue to store seeds, grains, etc.)
3. Help others around you as much as possible.
4. Learn and take notes in case you get another chance to prepare.

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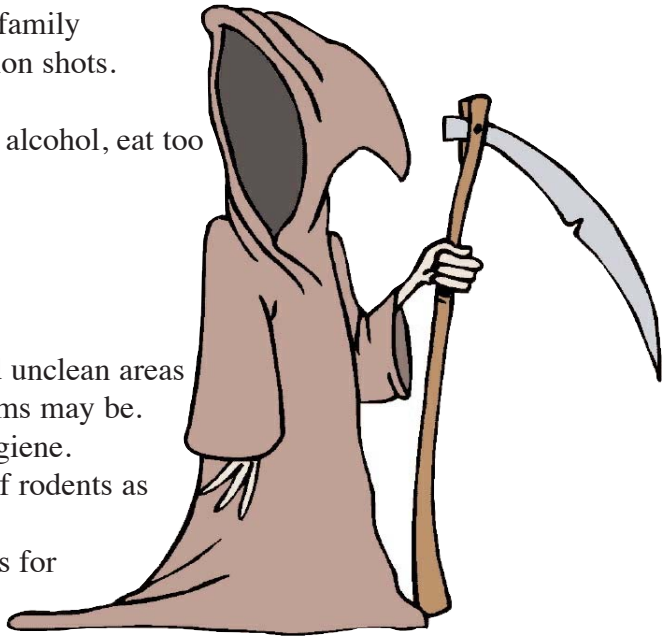
PLAGUES

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.

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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
2. Don't use electrical appliances or turn on the electricity if the area is wet. Don't stand in water when working with electricity.
3. Don't go sightseeing in the disaster areas.
4. Use caution when driving through affected areas.
5. Don't use open flame if you suspect a gas line to be broken.
6. Inspect food for contamination. Discard if contaminated.
7. Check water supplies for contamination. Purify water if in doubt.
8. Stay in contact with local authorities for other instructions.

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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.

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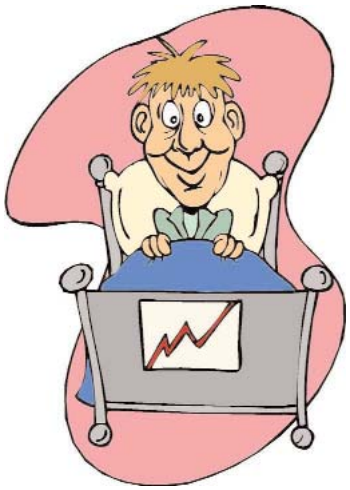
ADULTS:

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.

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CHAPTER 4
LONG TERM PREPARATIONS

FOOD

Store what you eat, eat what you store.

First of all ask yourself, " Do I want to just survive or will I enjoy eating this kind of food? How difficult will it be to prepare during difficult times? What kind of budget do I have?"

1. Build your food storage program systematically and according to priorities.
2. Determine your need for a month, 6 months or even a year.
3. Choose food preservation methods according to your situation.
   A. Space
   B. Storage Conditions
   C. Climate
   D. Cost

What are my Options?	Advantages	Disadvantages
Grocery Store/ Bulk foods	Canned/boxed and easy to prepare.	Some items don't have a very long shelf life. Avoid glass containers.
Freeze Dried	Already prepared just add a little water, heat or eat cold. Up to 20 year shelf life	Cost
MRES	Already prepared, open and eat, 5 year shelf life.	Cost
Dehydrated Foods	Affordable and stores well in air tight containers with long shelf life. Up to 20 years shelf life.	Difficult to prepare, requires water, heat and fuel to prepare. May not taste like you're use to.
Garden	Fresh and healthy Inexpensive	Weeding—depending on how you look at it. Seasonal
Fast Food	Tastes good.	Expense and may not be available all the time.

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RECOMMENDATIONS

Store some of everything. Don't just buy wheat and powered 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. per person for 1 year**
Grains	300
Powdered Milk	75
Sugar/Honey	60
Salt	5
Fats/Oils	20
Legumes	60
Fresh or Dried Vegetables	370
Canned or pickled	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.

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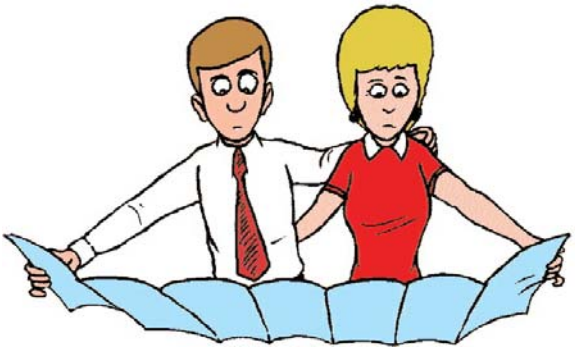
Recommendation:

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 it 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 storage 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.

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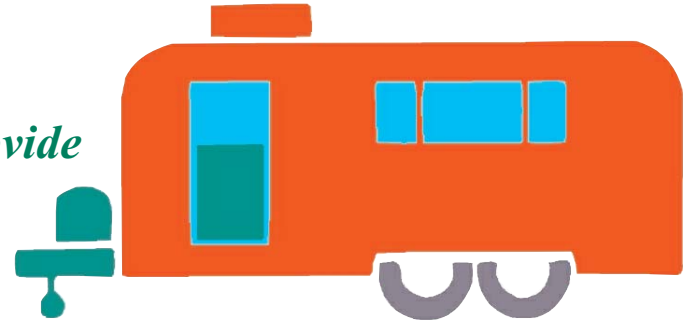
FINANCES

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.

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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.

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CHAPTER 6
OTHER IMPORTANT WEB SITES

Important Web Sites that can be very helpful

This one link has it all. It will take you to hundreds of valuable links for any hazard, disaster, or emergency:
www.colorado.edu/hazards/sites/sites.html

References and Acknowledgments

We want to thank the American Red Cross and FEMA for their resources and contributions to this guide book.

NOTE: Twice a Year
1. Review disaster & evacuation plans.
2. Check and replace those items that have expired.

The Disaster Plan and Evacuation sections are VERY CRITICAL and SHOULD BE rehearsed many times BEFORE an emergency.

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Now You Know

Step 1: How to Prepare

We hope that through reading this information you have gained a better understand on how to become prepared. You should also have a feel for the necessities that you already have on hand and for those items that you need in case of an emergency.

Step 2: Get Ready with the Necessities

Take inventory of your situation and get what you need.

If we can assist you any further, please visit our Website at www.areyouprepared.com as we continue to have updates and new information available. Whether you buy from our company or not, we hope that we have helped you in some way to become better prepared.

Good luck in your preparations and remember...

It is better to be 5 years early, than 1 minute too late.

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