

Leonard J Kovar Jr.

Disaster Preparedness In 8 Hours Or Less



A Quick Start Guide

Disaster Preparedness In 8 Hours Or Less – The Quick Start Guide When You Don't Have Much Time

By Leonard J. Kovar Jr.

©2013 Leonard J. Kovar Jr.

Table of Contents

[Introduction](#)

[Hour 1: Survival Tactics For The Coming Disaster](#)

[The #1 Survival Tool You Must Have](#)

[When Disaster Strikes](#)

[Useful Tips To Keep From Losing Control](#)

[Your Survival Depends On More Than A Plan](#)

[Common Disasters And What To Expect](#)

[Survival Tactic 101: Using The What If Scenario](#)

[Survival Tactic 201: Plans You Can Execute On Short Notice](#)

[Hour 2: Solutions For The Loss Of Water](#)

[Why Water Must Be Your First Priority](#)

[How To Plan Emergency Water Storage](#)

[Store Emergency Water The Right Way](#)

[Options For Storing Water On Short Notice](#)

[Treating Water When It's Unsafe To Drink](#)

[When Clean Water Runs Out](#)

[Recommendations For Water Rationing When Necessary](#)

[Hour 3: Preparing An Emergency Food Supply](#)

[Planning Your Emergency Food Stock](#)

[Choose Foods Best For Storage](#)

[Be Smart About Storing Food Long Term](#)

[Alternatives For Cooking In A Disaster Situation](#)

[Hour 4: Essential First Aid Care & Supplies](#)

[When There's No Doctor In The House](#)

[Contents of A Comprehensive First Aid Kit](#)

[Storing Over The Counter Medicines & Prescriptions Safely](#)

[Taking Care of Injuries](#)

[Preventing A Bad Situation From Getting Worse](#)

[Hour 5: Know When To Bug Out or Batten Down](#)

[Deciding To Stay Home](#)

[Preparing A Home Survival Kit](#)

[Deciding To Evacuate](#)

[Hour 6: When You Have To Evacuate](#)

[Planning Your Destination](#)

[Getting to Your Destination](#)

[Prepare A Family Evacuation Pack And Go-Bags](#)

[Hour 7: Solutions For Vital Communication Needs](#)

[Get Your Mobile Phone Ready For Emergency Communications](#)

[Tips And Options For Communications During A Disaster](#)

[Alternate Ways To Charge Your Mobile Phone](#)

[Alternate Communication System During A Disaster](#)

[Hour 8: Preparing For The Disaster](#)

[Strategies To Cope With The Unexpected](#)

[Strategies To Deal With Disasters That Can Happen With Little Or No Advance Warning](#)

[Evacuating On Short Notice](#)

[Requirements For An Effective Disaster Plan](#)

[How To Plan For A Disaster](#)

[Practice Makes Perfect](#)

[Emergency Drills You Can Practice At Home](#)

[Testing Your Preparedness](#)

[Appendix A – What To Do After A Disaster](#)

[Precautionary Measures](#)

[Appendix B – Coping After The Disaster](#)

[Dealing With Post Traumatic Stress Disorder](#)

[Simple Things You Can Do To Help You Or Your Loved Ones Deal With Stress Or Anxiety Caused By A Disaster](#)

[Appendix C – Putting Together The Essential Go Bag](#)

[The Go Bag Check List](#)

[5 Tips To Pack Your Go Bag](#)

Introduction

The premise of this publication is to provide the reader with a guide to prepare for a coming disaster in 8 hours or less. With that understanding it's purposely designed to be read and implemented in that time. As that famous line goes, "Just The Facts Please".

Is it really possible to prepare for a coming disaster in eight hours or less? It is if you follow the instructions in this guide. However even if you were not fully prepared you'll be a lot better off after following the information in this book.

A common trait in human nature is procrastination. We never really believe it will happen to us. Consequently when a disaster strikes a large segment of the population is inadequately prepared to deal with it.

Don't let this happen to you.

What This Book Will Do For You

- Instruct You On The Dangers You'll Face And How To Deal Appropriately With Them.
- Provide You With A Step By Step Plan To Prepare For A Disaster On Short Notice.
- Minimize The Danger And The Impact To You And Your Family
- It May Just Save Your Life

Hour 1: Survival Tactics For The Coming Disaster

The #1 Survival Tool You Must Have

The most important survival tool you can have to cope with disasters is to be prepared. Disasters can come when you least expect it but being prepared gives you the ability to remain calm and think straight even when bad things become worse. If you are prepared, you will know what to do during an emergency. You will be able to make a list of everything that is needed to keep the family safe – from the basic needs such as water, food, medicine to the tools and equipment that you may need for survival.

When Disaster Strikes

When disaster strikes panicking can cloud your judgment and may also delay your reaction time. It will not help you solve your problems and it may only decrease your chances of survival. In any emergency, it is essential that you can act quickly and accurately. If you are prepared, you will know what to do next. If you are calm, you can think rationally and be more productive.

You should always have a plan for possible disasters that can affect your household and if you can keep yourself composed it will be easier for you to execute these plans. If you are calm and ready for anything then the whole family will feel safe. It is crucial to try to keep your family strong and intact in any dangerous situation.

It is natural for a person to be overwhelmed, terrified and confused when disasters arise. Being calm during emergencies is a lot easier said than done. So how can you keep yourself from panicking during these situations? First of all stop and think for a moment. Try to identify just exactly what it is about the disaster that is causing your stress level to go up. Remind yourself that panicking will only make the situation much worse.

Research in clinical psychology has established that the fastest way to change an emotion is to change the behavior that is attached to it. In other words acting calm or confident will help you feel calm and confident. Try this out. Stand up straight. Put your shoulders back and your head up high. Take a deep breath. You'll immediately notice how your demeanor and feeling changes. You'll feel a completely different energy level.

Useful Tips To Keep From Losing Control

Plan Ahead

This guide emphasizes the need to be prepared so that you can be calm during a disaster. Of course it is impossible to prepare for all kinds of emergency situations but at least learn about possible disasters that are likely to occur in your area. Is your area prone to landslides? What about floods or Tsunamis? Maybe your are in the path of hurricanes. It is important that you know what you are up against so that you will be able to plan ahead. You will less likely to panic when you have a plan to follow and you know what to do next.

Don't Forget To Breathe

Even when you are well prepared, disasters can come when you least expect it and with no warning at all. That's okay. Breathe. You should take a moment to step back and detach yourself emotionally from the situation. Your emotions can make it difficult for you to execute your disaster plan so you need to keep a level head. It is a great advantage to have the ability to think logically despite life-threatening situations.

Evaluate The Situation

Before doing anything, stop and think for a moment. You'll only make the situation worse by panicking. Be aware of how severe the disaster could be and understand the possible dangers that can come up during or after it. Some natural disasters do not necessarily inflict direct damages to a person but the aftereffects can be really hazardous. For example, a flood may have caused little damage to your home but contact with flood water can cause many serious diseases. Earthquakes cannot shake a person to death but it can cause tsunamis, structural damages and even fires and floods.

Instill Calmness In Others

It can also help you to remain calm when you can see that the people around you are following suit. Talk to your family members especially the young ones. Show the whole family your disaster plan and guide them through each step. Keep each other strong during these challenging times.

Call For Help

You will feel secured when you are aware that professional help is coming. Do not forget to call an ambulance when someone is injured or in need of urgent medical assistance or to call the fire department when there is a fire. Keep in mind that however prepared and knowledgeable you may think you are, many emergencies may still be difficult to handle alone.

Your Survival Depends On More Than A Plan

You can successfully overcome any challenging situation if you are one step ahead. You have a greater chance of survival if you have a plan, you are able to execute that plan and you are fully prepared. In this case, you are able to avoid or lessen the primary hazards or the direct effects of a disaster. You should also be well aware of the secondary effects that can be triggered by a disaster. These secondary hazards are those dangers that are not directly related to the disaster itself but can be equally or more threatening. But as long as you know what to expect, there is no need to worry even when a disaster leads to situations that are worse.

Common Disasters And What To Expect

Volcanic Eruptions

Primary Hazards: The direct effects of a volcanic eruption are ash, dust, poisonous gas emission and lava flows that can destroy anything or anyone in their path.

Secondary Hazards: Lahars (a landslide or volcanic mudflow), earthquakes, tsunamis and flooding are some of the indirect effects that can be caused by a volcanic eruption. Very strong eruptions can also trigger avalanches or landslides. Famine is another risk since crops can be destroyed by ash falls and animals that eat these ash covered crops can also be killed.

Earthquakes

Primary Hazards: Falling objects and collapsing buildings, roads and bridges are the primary effects of an earthquake which can cause serious injuries and death.

Secondary Hazards: An earthquake can cause electric cables and gas pipes to break which can cause fires. And these fires can be difficult to put out especially when water sources are broken. It can also cause avalanches or landslides in steep valleys and rocky areas. When an earthquake occurs close to the coast or on sea floors, it can cause huge waves or tsunamis.

Tsunamis

Primary Hazards: A tsunami can also cause great damage to infrastructures due to the impact of water. Tsunami victims can be hit by washed away debris or drowned by the strong impact and the great volume of water.

Secondary Hazards: It can cause long term flooding that may result in the spread of many diseases. It can also contaminate water sources.

Floods

Primary Hazards: Aside from destruction of property, drowning is the most common hazard for this kind of disaster. People are also prone to electrocution due to fallen electric lines.

Secondary Hazards: Flooding can cause the quicker spread of all kinds of diseases. It can also cause a shortage of safe water to drink.

Hurricanes & Typhoons

Primary Hazards: Heavy rain, strong winds and severe flooding are the primary effects of hurricanes or typhoons. The impact of rainwater and floodwater can cause landslides or buildings to collapse. People who are not able to find shelter can drown. Electrocution due to broken electric lights and sometimes lightening is also something to be aware of.

Secondary Hazards: Similar to flooding, contaminated water due to typhoons or hurricanes can cause many diseases to spread.

Winter Storms

Primary Hazards: Winter storms are usually accompanied by heavy snowfall, freezing rain and extremely cold temperatures that can last for several days. As a result, people can be trapped inside their homes for days. Motorists can even be trapped inside their cars and walking in a blizzard to ask for help can be a perilous and deadly decision.

Secondary Hazards: A winter storm can be followed by even colder temperatures. It can also cause coastal flooding. A person overexerting himself in shoveling heavy snow can also be prone to heart attack.

Heat Waves

Primary Hazards: Due to extreme heat, people are prone to dehydration, heat edema, heat rash, heat cramps or even heat stroke.

Secondary Hazards: Extreme heat can dry up water supplies or kill animals and crops that may largely affect the livelihood of many people. It can also cause wildfires.

All of these disasters can also cause power outages and water shortage for many days and even months. Keep informed with a battery operated radios. Never travel unnecessarily unless you are sure that it is safe to venture out.

Survival Tactic 101: Using The What If Scenario

Preparing a list of “what if” hypothetical questions will help you analyze and plan your level of disaster preparedness. This is how it works. Start with a list of ways a disaster would impact your everyday life and phrase them in questions. For example, a typical

disaster might result in the loss of electricity. You would phrase one or more questions around that situation such as, “What If we lost electricity for a week”. Then you list the problems that would create along with the tactics you could employ to get along with each of the problems.

The more hypothetical questions and answers you create the more prepared and self confident you will become.

Create your list of questions around eight Disaster Survival Needs, water, food, medicine, shelter, energy, security, communications.

Survival Tactic 201: Plans You Can Execute On Short Notice

If you haven't taken the time to prepare in advance, the next best thing to do is have emergency plans that you can execute on short notice.

Start by making check lists based on the types of emergencies you want to prepare for and the disaster survival needs in each of the following categories:

- Water
- Food
- Medicine
- Shelter
- Security
- Communications

Hour 2: Solutions For The Loss Of Water

Why Water Must Be Your First Priority

Water is the most important thing a person needs to survive. It makes up approximately 60% of the human body weight and can be easily lost through exhalation, sweat and urine. You must replenish your body's supply to avoid dehydration. When someone is dehydrated, they can experience headaches, fatigue and even lose the ability to think properly. In severe cases, it can cause lethargy, seizures and fainting. The last thing you want to happen during an emergency is to lose your concentration and focus.

You may find it difficult to go through a whole day without drinking or eating. However, during emergencies it's possible to go longer without food and water when the body goes into survival mode. A person can last 2 to 3 weeks without food but only 2 to 3 days without water. An average person can live with water alone for up to 8 weeks. Securing water for the family needs to be your first priority. It must be on the top of your list.

How To Plan Emergency Water Storage

A good rule of thumb is to allow at least 1 gallon of water per person per day. Half of this portion is for drinking while the other half is intended for other uses such as cooking and sanitation. For an average person, half a gallon a day for drinking may be enough. However, nursing mothers, children, elderly and sick people may need more water – about one gallon at least. You may also need double the water if you live in a hot climate. These are things to consider in planning emergency water storage for the family.

Do not forget to store clean drinking water for your pets and be sure to consider family members with special needs. Additional water will be used for cooking if you plan to cook soups and other high moisture foods. Clean water is also consumed for brushing and bathing. For other uses such as flushing, you can opt to have outdoor water storage for that. It is even more convenient if you have a private water source such as a well.

Store Emergency Water The Right Way

If a disaster strikes your community, it's not uncommon to lose access to clean water for any number of reasons. Other times, even a water main will get broken. That's why

it is important to store water beforehand. It is also important to understand how and where water can safely be stored for drinking and other uses.

To Safely Store Water For Emergencies Follow These Rules

1. Use new and clean containers.
2. Store water in a cool dark place.
3. Replenish the supply after six months.
4. Check expiration dates on bottled water and replace as necessary

It is safe and convenient to buy bottled water and store it for emergencies but it does expire. After a period of time there are substances released in water stored in plastic containers. That's why it expires and why water in reused plastic containers should be replenished every six months. There are plenty of options to store tap water. You can buy plastic containers. You can of course reuse containers as long as you know they were intended to be used for food and water. Just be sure to properly clean or disinfected them. Avoid using containers that can decompose or break easily.

To make sure that your containers are safe for storing water, clean them with dish washing soap and then rinse them with clean water. Sanitize the interior of the containers by washing them with a teaspoon of chlorine mixed in a quart of water. Make sure these containers can be sealed tightly to avoid contamination.

Your emergency water supply must be stored in a cool dark place because even treated water can be susceptible to bacteria. Better yet, use containers that block sunlight because bacteria needs light and heat to grow. Store your containers in the basement, in the back of closets or at ground level in cabinets.

As a precautionary measure, it's always a good idea to treat your emergency water before storing it. Treating it involves boiling, bleaching or distillation.

Options For Storing Water On Short Notice

Not everyone is diligent enough to prepare for an emergency well enough in advance. If you find yourself in that situation there are a variety of options for storing water on short notice. Using one gallon per person per day as the rule of thumb you can come up with a quantity of water to store. Three to five days is the minimum target.

Ideally you would want to can come up with enough suitable containers to hold water for drinking. A short trip to any store in your area that has a camping department should have potable water containers in the 5 gallon size that would initially solve your problem.

Although not the ideal solution, another possibility would be to obtain a few large plastic coolers. Every major grocery store will have large freezer bags you can fill and seal off. Virtually any container that is intended for food or water could be used in a

pinch. It should not be that hard to obtain enough containers for your immediate requirements.

After you have exhausted your options on containers to hold drinking water and you still don't have enough it's time to consider alternatives. Sinks and bathtubs can be filled with water and later boiled to make it safe to drink.

Don't forget about pots and pans. They don't hold that much but when you're desperate everything counts. With a little creativity there isn't any reason why you couldn't store enough water on short notice of an impending emergency.

Treating Water When It's Unsafe To Drink

Water can be filtered using household items such as a clean cloth, paper towels or a coffee filter but this is not enough. To make sure that your water is safe enough for drinking, these are a few simple processes you can do at home:

Boiling

You can boil the water for 3-5 minutes before storing. Do not forget to cover the pot while boiling so that water will not be wasted through evaporation. If you are cooking with untreated water, let it boil for a few minutes before adding your food.

Chlorine Bleaching

You can also treat your emergency water by adding six drops of unscented chlorine bleach per gallon of water. Use a clean medicine dropper to add the chlorine and then let it sit for about 30 minutes.

Distilling

This is a bit more complicated process and it is not practical to use this with large quantities of water. First, you must fill a pot halfway with water. Next, tie a cup under the pot's lid handle so that it will hang above the water right-side up. Finally, boil the water for about 20 minutes. The drops of water from the lid that will be collected into the cup are distilled and free from impurities.

Tips for Conserving Water

An emergency water supply should last for at least 3 days but it can last longer depending on how you use it. You may try to save water by drinking only when really thirsty but that's not a good idea. It's better to drink water at regular intervals to avoid dehydration and its complications.

To conserve water the correct way, without risking dehydration, you can follow these steps:

- Avoid strenuous activities that will cause you to perspire. Water lost through sweat must be replaced.
- Use disposable cups, plates and utensils. This way, you can save water intended for washing dishes and use it for bathing or another purpose. If you really must wash dishes, do it in a small tub filled with water.
- Use hand sanitizer to clean hands. This will keep your hands clean without using precious water.
- Reuse water as much as possible. One way is to flush a toilet using the water left from washing dishes.
- Use water only when necessary. Activities such as doing laundry can wait until the emergency is over.

When Clean Water Runs Out

When your emergency water supply runs short, it is time to search for backup sources of water. It might surprise you that your house has plenty of hidden sources of clean water. Other sources of clean water are your hot water tank, toilet flush tanks (not the bowl), pipes, faucets and even melted ice cubes and canned fruits and vegetables.

To get water from the faucet even when the main valve is turned off, simply turn on the faucet from the highest level in the house. This will let air into the plumbing so you can collect a bit of water from the lowest faucet. Warning! Do not use water from waterbeds, toilet bowls, radiators, hot tubs and swimming pools for drinking or cooking food.

You can also get potable water outside your house in case you have nearly over-exhausted your water supply or you just simply want to stretch your supply. Rainwater is most basic source of pure drinking water. You can collect rainwater using tanks, barrels, buckets, empty cans, jars, etc. Wells, streams, ponds and rivers are also alternative sources. These outdoor sources can be saved for sanitation and cooking but can also be treated so it will be safe for drinking.

Recommendations For Water Rationing When Necessary

During emergencies when water supplies run low and there are no alternatives to replenish it, you may decide to ration the amount on hand. Making this decision will of course be arbitrary since you have no way of knowing when safe drinking water will be available again. According to FEMA standards for water rationing, every person should have a minimum of one quart per day. Allow more for children, nursing mothers and the ill.

Hour 3: Preparing An Emergency Food Supply

Planning Your Emergency Food Stock

After taking care of your emergency water supply, it's time to think about food requirements. Food is the next most important substance needed to survive. It's also one of the most frequently overlooked items people fail to plan.

After a power outage, your freezer can still keep your meat frozen for about two days provided that you keep it closed. Open your fridge only when absolutely necessary. You can also wrap the fridge with a few blankets to keep the inside cold longer. During winter, you can keep your fresh food in a cooler and leave it outside as long as the temperature is below freezing. That way, you can consume the perishable foods first before getting into your emergency food supply. There will be less waste and your food supply will last longer.

In planning an emergency food supply, take into account family members with special dietary needs – infants, toddlers, children, elderly, nursing mothers, pregnant women and certainly those with allergies. Do not forget about your pets too. Consider your family's taste and preferences there's no need to store food you're not going to like. Plan easy to prepare & cook recipes. Be sure to include these in your check lists.

Choose Foods Best For Storage

Avoid storing foods with a high salt content. Too much salt will make you unnecessarily thirsty. Stock canned goods especially those with high liquid content. The liquid in these canned goods will help supplement your drinking water. Moreover, choose the foods that do not require refrigeration or any special preparation.

Examples of foods to choose from when putting together an emergency food supply

- Canned meat, chicken, fish and other ready-to-eat foods.
- Beef jerky doesn't need to be cooked and is an excellent source of protein.
- Fruits and Vegetables. If stored properly, some fruits and vegetables such as apples, potatoes and squash last a long time.
- High-energy foods such as nuts, protein bars and granola bars. You need to be fueled up during emergencies.
- Corn, Beans and Rice. These foods have very long shelf-life and are excellent sources of energy.

- Peanut butter. It has a lot of protein and healthy fats. It is a nice treat and it does not need to be refrigerated.
- Dried fruits. These are tasty treats that will give you potassium and fiber.
- Coffee Beans if you have a way to grind them.
- Cooking oil, flour, herbs, spices, seasonings and condiments. Even when the power is out, there are still many ways to cook with a gas stove, camp stove or fireplace. Adding condiments and spices to food will also keep family members happy with their food.
- Multivitamins to support your diet.
- Baby food and powdered formula.
- Comfort Foods such as hot chocolate drinks, coffee and hard candy. Disasters can be stressful and depressing. A few comfort foods on hand will help your family members feel a little better.

Once you have an adequate supply built up rotate it into your daily consumption using the oldest products first and then replacing it as you go. In that way you will always be able to keep your supply within the recommended use date.

How Much Food Is Enough

It is normal to worry, be scared and be stressed during an emergency. You could be trapped in the house for days with no means to replenish your resources. As long you have enough supplies on hand, there's no need to be worried. You can confidently face any unexpected emergency situation.

A non-perishable food supply should last up a minimum of 3 days. This means that your supply alone can keep the family fed for at least three whole days. But you never really know how long a disaster is going to last or if you will be able to buy more food once you run low. Thus it would be wise to think about a three or four week's supply, just to be adequately prepared. It's not uncommon for weeks to go by before services are restored.

Don't make the mistake of stocking just a few different kinds of food. Remember that eating a variety of foods is important for nutrition. It is also needed for us to be mentally healthy as well. In emergencies, people may start to resist eating if they are forced to eat the same kind of food over and over again. This appetite fatigue can get really bad up to the point where a person will completely refuse to eat. Prioritize the necessities but don't focus on them too much.

Be Smart About Storing Food Long Term

You can store many kinds of food for an emergency as long as you are aware of their expiration dates and you know how to store them properly. Appropriate food storage plays a vital role in order ensuring safe consumption and retain its nutritional value.

Store your food supply in cool, dark places. Light, moisture and heat are factors that aid in food quality degradation. Your bulk food storage area can be in a closet, an

extra bedroom or on shelves in the basement. If you have the space, it would better to have a room where you keep the majority of your emergency supply together in one place.

Store your food away from any toxic products to avoid contamination. Some foods may also absorb their smell. Protect foods wrapped in plastic or cartons from insects and rodents by storing them inside air tight containers or wrapping them heavily.

Always remember to keep a can opener together with your emergency food supply and any other tools or utensils that you may need in order to prepare food. Paper plates and plastic ware are useful if you're trying to conserve water. You could also keep alternate fuel for cooking such as charcoal.

You should check your supplies regularly and rotate them into your regular consumption before they reach their expiration date. It would be rather inconvenient if a disaster strikes and you find most of the emergency supply has expired canned goods or broken packaging and such. Review your supply from time to time. Check the expiration dates and discard any expired product. Take those foods nearing expiration and plan them into your daily meals before they're no longer useful.

Alternatives For Cooking In A Disaster Situation

When a natural disaster strikes, you can usually find yourself without power and unable to use electrical appliances such as the refrigerator and stove. You're in luck if you have a propane gas stove or oven. But if you don't have a gas stove or you run out of gas, there are still some alternate ways to cook.

Here are several simple and inexpensive ways to cook during a disaster:

- **Outdoor Grill** - If the weather permits you to cook outside, you can use your outdoor grill to cook your food. You are not limited to barbecues or anything that can sit on a grill. You can also cook with pots or frying pans too. Never use your grill indoors! Not even in the garage. The smoke from the wood or charcoal will be suffocating. If you have to cook with wood or charcoal indoors, do it in a fireplace.

- **Campfire Cooking** – Cooking outside with an open fire is safe and a great way to bond with the family. It is simple too. All you have to do is to dig a small pit where you can build your fire. Set up some rocks around the pit and place an oven rack or a metal grate above it. This will accommodate pots or frying pans. You can also set up your pots or pans directly on the rocks but it could get a bit tricky.

- **Fireplace** – There are a variety of ways to cook indoors with a fireplace. If you have charcoal, you can grill. If you have firewood, you can cook anything that can stick on a skewer such as hot dogs, sausages or marshmallows. That would be an easy and fun activity for the whole family. You can even cook in pots or construct a Dutch oven. You don't need special tools or equipment, just some fireplace hangers, a fireplace crane,

a grill or a rotisserie spit. You can even attach a hook to your fireplace mantle and cook a delicious string-turned roast. You just have to be resourceful and creative.

- **Propane Stove** – Powered by an LPG tank, this kind of stove is perfect when there is a power outage. It is very convenient as it can be used indoors and outdoors. It can be a single-burner or double-burner; it can also come with a stove. There are also portable versions that can come be useful when you want to cook outside. They are also lightweight so you can bring it with you when you have to evacuate and camp outdoors.

- **Propane Grill** – If you want to grill your food and you do not want to use charcoal then you should have this kind of cooking equipment. It makes grilling easier and a lot less messy.

- **Volcano Grill** – This cooker is very versatile. It works with charcoal, wood and propane. You can use it just for grilling or cook using pots, pans, woks or Dutch ovens. It is also collapsible which makes for easy storage. The volcano grill is 16” round, 11” high and collapses to 5.5”.

This type of cooking equipment can be bought in many department stores and outdoor shops. You can also find it on Amazon and Ebay. All of these cooking alternatives are safe to use as long as you use them responsibly

Your family does not have to be miserable during an emergency. You don't have to be stuck eating cold meals when a power outage prevents you from cooking normally. Spice it up with heart-warming soups or roast some marshmallows around the fire. Any fun group activity can be comforting for the whole family even during a disaster.

Hour 4: Essential First Aid Care & Supplies

When There's No Doctor In The House

When a disaster strikes, you may not have access to a doctor or hospital. Emergencies can occur when you least expect them. Your only option may be to do what you can until professional help is available. Even if you can't get to a doctor or hospital you may be able to reach someone who can instruct you. Therefore it becomes important to have a good selection of first aid supplies on hand.

With a good first aid kit there's a lot you can accomplish treating cuts, scrapes, wounds, burns, sprains, bruises and even more serious problems such as eye injuries and other severe traumatic conditions.

It's just as important to include phone numbers and a first aid manual as it is to have the right supplies.

First aid kits should be accessible where all family members can reach it. It should be easy to open and organized in such a way where it's not difficult to find what's needed quickly. You never know who will be doing first aid so you wouldn't want them to fumble around looking for what's needed. Aside from your home, it's a good idea to keep a first aid kit at your workplace or inside your car.

You don't necessarily need intensive education to administer first aid but if you could take a first aid course so much the better. At the very least get yourself a first aid manual. Learn how and when to use the contents of your first aid kit as well as what not to do with injuries.

Keeping a first aid kit and knowing how to use it is really important in a disaster situation. As much as you would want to, you can't always keep your family from getting hurt but at least when bad things happen you can protect them and take care of them.

Contents of A Comprehensive First Aid Kit

The contents of a first aid kit varies from basic to comprehensive. What you choose will depend on your knowledge and training. Never the less if you have a comprehensive kit there may be others near by who are capable of treating something more severe. Refer to the list below or purchase a ready-made kit to get started.

The List Of Contents Below Is A Good Start For A First Aid Kit

- Emergency phone numbers for the police, fire department, poison control center, ambulance and personal doctors
- Phone numbers of close friends or relatives who can help
- Two pairs of disposable gloves
- Adhesive bandages or plasters in a variety of sizes and shapes to cover cuts and scrapes
- Sterile gauze pads or dressings in different sizes to cover wounds and stop bleeding
- Sterile eye patch or bandage for eye injuries
- Gauze or roller bandages to secure the dressings
- Elastic bandages for sprains and for wounds in awkward body parts such as the ankles and elbows
- Triangular bandages and safety pins to be used as tourniquets and slings
- Surgical tapes to hold the dressing onto a wound
- Blunt-ended scissors for cutting bandages
- Needles and Tweezers to remove splinters
- Soap, alcohol, antiseptic lotions, antiseptic wipes or sprays such as povidone iodine or hydrogen peroxide and other cleansing agents and cotton wool for washing hands, wounds and to disinfect tools
- Antibiotic ointment to avoid infection
- Aloe Vera cream for minor burns
- Distilled Water or Antiseptic Wash solution for the eyes or as an all-purpose decontaminant
- Thermometer to check body temperature
- Anti histamine cream for insect bites and stings
- Instant cold packs for bruises and swelling

You Should Also Keep

- Prescription medicines and prescribed medical tools
- Non-prescription medicines such as aspirin, pain relievers, laxatives, antacids, medicines for diarrhea, etc.

Remember to clean your tools such as scissors and tweezers after using them. To be safe, wash them with soap and water. Then, let it dry. Next, disinfect it with 70% alcohol with the use of cotton wool or swab. Let it dry again before storing for future use. You should also check your first aid kit from time to time and check expiration dates so you can replace any expired items with new supplies. Better yet make a list of all supplies with an expiration date and you'll easily know what to replace just by checking the list.

Storing Over The Counter Medicines & Prescriptions Safely

There's no way to know how long an emergency situation will last. Keep an adequate supply of your prescription medicines and commonly used non-prescription medicines on hand. Check your supplies frequently, especially anytime you have advance notice of an impending disaster.

The Don'ts:

- Do not store medicine in any warm or humid location such as a bathroom. Unless specified, keep them away from light, heat and moisture.
- Do not put them beside toxic substances which you may consume by mistake.
- Do not take suspicious-looking medicines especially if you notice an unusual odor, some discolorations or some changes that make you unsure. Never take the risk.

The Do's:

- Keep them in cool, dry places.
- Check expirations regularly and replace expired items.
- Keep medicines in their original bottles or packaging with instructions.

Taking Care of Injuries

It's not good enough to have a first aid kit available. You also need to know how to use it. From a simple wound to a life-threatening injury, you should be prepared to take care of your family. It just might save someones life.

Common Injuries That Can Be Treated With The Help Of A Well Equipped First Aid Kit

- **Cuts, Scrapes, Grazes and Minor Wounds**– Though they may not look threatening, cuts, scrapes and grazes can be infected if not taken care of promptly. To start off, wash and clean the injury and remove any pieces of material that may be stuck in the wound. If the wound is still bleeding, apply firm but gentle pressure using a piece of gauze bandage or a clean cloth. After the area has been cleaned and pat dry, apply antibacterial ointment or spray. Exposure to air helps in healing cuts and scrapes but if the injury may get dirty or will be rubbed in clothing, cover it with bandage for protection. The same can be done for puncture wounds or severe cuts with less severe bleeding.
- **Major Wounds with Severe Bleeding** – Your primary concern in treating this kind of injury will be to stop the bleeding. Apply constant pressure on the wound for 20 minutes. Maintain pressure by binding the wound tightly with gauze, a bandage or a clean cloth. If the bleeding continues and oozes through the bandage, wrap the wound with more bandages until the bleeding stops. The injured part should be left motionless until help arrives.

- **Blisters** - Do not puncture a blister unless it is really painful. It should remain intact as the blister actually protects your injured skin from infection. Cover it with an adhesive bandage or plaster or any porous bandage that allows it to breathe. If you really have to pop a blister, do it as a last resort. First, sterilize a needle by wiping it alcohol. Next, apply iodine, rubbing alcohol or any antiseptic to the blister area. Puncture the blister in a few spots near the edge and drain the fluid by applying gentle pressure on it. Do not remove the overlying skin. After that, apply antibiotic ointment to the area and cover it with gauze or bandage. After a few days, you can cut away the dead skin with scissors or tweezers. Apply more ointment if necessary.
- **Splinters** – Before attempting evasive actions, try squeezing the splinter from both sides and the bottom so that it would go back out the way it came in. If this does not work, use a disinfected tweezers to pull out the object. A needle can be used to open up the skin so you can easily remove the splinter. Wash the wound with soap and water or some antiseptic.
- **Bruises and Bumps** – Apply instant cold pack to the injured area for 15 minutes at a time for 24-48 hours. If you are using ice cubes or crushed ice, do not apply them directly to the skin. Instead, put a towel or a piece of cloth between the ice and the skin. If possible, elevate the injured part above the patient's heart. Take pain relievers to relieve symptoms. Avoid using aspirin or ibuprofen as these can prolong the bleeding.
- **Insect Bites** – For mild reactions, apply a cold pack to the injury to reduce the swelling and pain. Taking anti-histamine and applying a topical cream can relieve the pain and itch.
- **Sprains** – To treat sprains follow the R.I.C.E. rule. Rest the injured limb. Ice the area 4 to 8 times a day for 15 minutes each time during the first 48 hours of the injury. Use a cold pack, slush bath or an ice-filled cloth. Compress the injured area using a bandage or an elastic wrap. Finally, Elevate the injured limb above the patient's heart to avoid or limit the swelling.
- **Fractures and Dislocation** – Until professional help arrives, apply a cold pack to the injury to reduce swelling and relieve pain. If there are wounds, flush them with water or antiseptic wash and cover them with gauze. Splint the injured area so that it does not move using sturdy objects such as a piece of wood. You can use a bandage as a sling. Never try to forcefully push back dislocated bones.
- **Minor Burns** – Redness and a little pain and swelling indicates a first degree burn. For a second degree burn, the pain and swelling is more severe. The skin is intensely red and may have a splotchy appearance. Blisters may also develop. First and second degree burns can be easily treated using simple methods. First, hold the injury under cool running water for 5-10 minutes. This will reduce the pain and swelling. Do not use ice to cool the burn. Afterwards, cover the area with sterile gauze bandage to protect the blister and keep the burn from air. You can also apply antibiotic cream or aloe vera cream or gel to soothe the burn before covering it with bandage. Do not use cotton wool. Painkillers can be taken for the pain and swelling.
- **Serious Burns** – In third degree burns, all layers of the skin are damaged and the skin will look charred black or may appear dry and white. Immediate professional medical care will be needed. But until help arrives, do not removed burned clothing that may be attached to the burn. Do not immerse it in cold

water. Check for breathing or any sign of circulation. If there is none, perform CPR. And if possible, elevate the injured area above the heart. Cover the burn with a cool, moist bandage, cloth or towel.

- **Choking** –The Heimlich maneuver is performed to dislodge any blockage in a person’s airway to prevent suffocation. It is done by standing behind the person with your arms around their waist. Tip the person slightly forward. Next, form a fist with one hand and position it slightly above the person’s navel. Take hold of your fist with your other hand and push hard into the stomach with a quick, upward thrust like a lifting motion. Alternate the 5 back blows and 5 abdominal thrusts until the blockage is dislodged.
- **Head Trauma** – Keep the person at rest with the shoulders and head slightly raised. As much as possible, keep the neck motionless. Stop any bleeding by applying direct pressure using a bandage or clean cloth unless you suspect a skull fracture. Get medical help as soon as possible.
- **Absence of breathing** – If someone has stopped breathing, that is, there are no chest movements or the person’s face has turned blue, mouth-to-mouth ventilation or CPR can be done.

Remember to wash your hands first and wear surgical gloves in handling wounds and to disinfect any tool that you will be using in treating them. Remember that first aid is literally just a primary aid that is given as soon as the problem is identified and to relieve injuries until such time that a professional care arrives. Call for medical help as soon as possible.

Preventing A Bad Situation From Getting Worse

There are many possible events that can occur during an emergency that can make things more challenging for you. It doesn’t help if a family member gets sick and spreads the disease to others. This can be brought on by a lack of proper hygiene, weather, stress or malnutrition.

Some Things You Can Do To Ensure Good Health During Difficult Times

- Wash your hands. You should always keep your hands clean by washing with water and soap especially when handling food or interacting with a sick family member. You could also use hand sanitizers in case you are trying to save water.
- Practice good hygiene. Do not disregard your hygiene Refer to the second chapter for some tips on conserving water while keeping yourself clean.
- Eat well. If you don’t get enough nutrients, you will be susceptible to many kinds of diseases.
- Drink water. This is why having an ample amount of emergency water supply is important. You should never deprive yourself of water. Drink water whenever you feel the need to.

- Ensure safety of food and water. The food you eat and the water you drink must be free from bacteria and other contaminants.
- Keep your distance. If a family member is inevitably sick, refrain from being too close to them. A person who has a cough, colds or fever should wear a mask or keep a handkerchief or tissue with them.
- Take vitamins. You might not get your body's required vitamin intake with food alone. Vitamins such as Vitamin C will help to boost your immune system and make your body stronger in fighting diseases.

Hour 5: Know When To Bug Out or Batten Down

When a disaster strikes your area, the very first thing that comes to your mind is whether to stay or go. This decision can be very crucial to your survival. In some cases, staying at home is safer for the family especially when you have all the supplies you need such as water, food, medicines, first aid kit and some survival tools. However, in other instances, leaving the home and moving to an evacuation center or bug out location is the best choice.

We all have the instinct to protect our possessions. Whether we live in a mansion or a shack, our home is where the heart is. It's where we feel most comfortable, not to mention that it houses all of our beloved belongings. But do not let that cloud your judgment. It is not always safe to stay in the house during a disaster.

Whatever choice you might make, you should be ready and plan ahead for both possibilities. You should know what to do, what to bring and how to act in every situation. In this chapter, you will learn how to assess a situation to help you decide what is best for the family

Deciding To Stay Home

Unless there's a fire, a severe flood, a drought, an epidemic or any nuclear, chemical or biological disasters, the best choice in any disaster situation is usually to stay at home. This is as long as you have the needed supplies to survive for the duration without any outside help. Going outside and traveling especially in very bad weather can put you and your family in even greater danger. Whatever choice you make, you must understand the risks.

Here Are The Advantages Of Staying Home During Emergencies

- The food in your pantry and refrigerator can supplement your emergency food supply to make it last longer.
- If you have cooking equipment that does not require electricity, you can cook your food even if there is a power outage.
- You can protect your home and belongings. You can move things to higher ground in case of floods or put barriers on your doors or windows.
- You are safe from rain, wind, cold and other elements.
- You have access to beds, proper beddings and your clothes.
- Your own home is much comfortable than an evacuation center.

- Disasters can bring the worst out in some people and if you stay home, you can protect your home and belongings from looters.

But There Are Also A Few Disadvantages Such As

- Being in much greater danger if you stay at home. And it might be too late if you decide to evacuate later.
- Your home just wouldn't be the same if there is no electricity, water, heat and other services.
- You might feel alone and cut off from the rest of the world.

So, in any disaster situation, you should understand the risks so that you can make good decisions and keep your family safe from harm. You should watch the TV or listen to the radio for news, updates and announcements from authorities. They will usually inform you of the safest thing to do during these situations. Sometimes, you might have to rely on your own common sense. The media may fail to give you appropriate information for your situation.

If You Choose To Stay At Home During An Emergency Make Sure That You Have The Following

- Enough water and food supply. Read Chapters 2 and 3, respectively, for that information.
- Medicines and a first aid kit to treat injuries. Chapter 4 provides useful information on how to set up your first aid kit as well as how to use it to treat common injuries.
- Cooking Supplies and Equipment
- Sanitation supplies such as toiletries, large trash bags, newspapers to wrap waste and garbage and a large tarp
- Extra beddings to keep you warm especially in extremely cold weather
- Safety equipment and tools such as a fire extinguisher
- A home survival kit comprised of the tools you need to survive at home

Preparing A Home Survival Kit

Your home survival kit is very important to keep the family safe in many kinds of emergencies. It's made up of your emergency water, food supply, medicines, first aid kit, emergency cooking supplies, toiletries for everyone (especially infants), safety equipment and other important tools. The importance of these items has been stressed in the previous chapters.

Consider Other Useful Items To Have On Hand During A Disaster

- Flashlights – come in handy during a power outage
- Candles, Candle Holders, Kerosene Lamps and Matches – in case of a power outage
- Emergency Lights – this is more convenient and safer than candles and kerosene lamps.
- Battery-powered TV or radio – so that you are updated with current events and announcements from authorities
- Extra Batteries – for your flashlight, TV, radio and others
- Basic Tool Kit – for repairs and the like.
- Axe – if there is a possibility of a flood, this can be very useful if ever the water level has you trapped anywhere in the house
- Life Preservers – to avoid drowning in case of a flood
- Board games, puzzles, books, etc. – to keep your family entertained

Deciding To Evacuate

In some cases, local authorities will decide to require mandatory evacuation based on the hazards of a disaster. In other cases, it is up to the family to decide whether they want to evacuate so that they can avoid situations that they believe will be too dangerous to stay.

Evacuations can be done before, during or after the disaster, depending on the situation. When evacuations become compulsory, local officials will disseminate information through the media. Sometimes, they will use other warning methods such as phone calls, texts or sirens.

If the disaster is a weather condition, you may have enough time to prepare everything you need and make arrangements for your destination. But most disasters will give you little or no time to gather the things you need. That is why being prepared is very important.

Sometimes It's Wise To Leave And Move To A Safer Location

- If there is a huge storm coming and you live in a low lying area or near the coast. There are cases where the whole first level of a house can be flooded. This can also weaken the foundation of a house. Severe flooding can also sweep away trees, houses and other buildings. Areas near the coast are at risk of tsunamis or a storm surge from a hurricane.
- If the authorities advise you to do so. Some natural disasters such as a volcanic eruption will usually compel local authorities to advise people to evacuate if they live within a certain radius.
- If there is an industrial accident, chemical spill, nuclear accident and the like.
- If there are terrorist attacks, bombings or military battles.
- If there is a fire. If there is a fire in the neighborhood, get out of the house quickly. If you have time, take important belongings with you such as documents.

- If there is a drought. When water supplies dry up, there will be a shortage of water. You have to evacuate to some other place especially when you are running out of food and water and the drought still continues.
- If there is an epidemic. Find out how bad the situation is by knowing what percentage of the population is dying because of the disease. But it may be safer to stay at home unless the disease is spreading through the air.
- If it is safe to travel. If the disaster is already happening, watch the TV or listen to the radio for news regarding the intensity of the disaster. The authorities will advise people whether it is safer to leave the house than to stay put. They will also inform you of evacuation routes or the nearest evacuation centers in case you have no relative or friends to go to.

If you decide to evacuate you should know where to go, how to get there and what to bring. Most importantly, you must have a plan. Learn more about family evacuation in the next chapter.

Hour 6: When You Have To Evacuate

If Evacuation Is Required By Authorities Or You Just Simply Made The Decision To Leave Make Sure You Know The Following

1. Your destination – whether you are going to stay with a relative or a friend or you are going to a safe house, vacation house or hunting lodge or the nearest shelter.
2. How to get to your destination – Is it safe to travel? Is your car ready? Is your family ready to move? You must be able to answer these questions.
3. What to bring with you – do you have your survival kit? What should be the contents of your survival kit?

Planning Your Destination

To safely evacuate the family to a safer place, make a plan based on the three things listed above. If you want to evacuate from home during a disaster, always plan your destination ahead of time. Of course, if you have a choice, you would not want to bring the family to an evacuation center in a local high school gymnasium where you won't be comfortable. Always consider physical and emotional wellness of your family during a crisis.

You can stay at a relative or a friend's house. You can stay at your own vacation home. You can stay at a hotel, motel, inn or boarding house. You could go to an RV park or a campground just as long as you have enough camping gear.

For example, if you live in the city, your safe house should be located in a rural area. If you live in a low-lying area which is at risk of a flood, it should be on higher ground. If you live near the coast, your safe house should be inland. In other words, you should go into an area not affected by the disaster. Make sure that you'll have enough gas get to your destination while taking into consideration heavy traffic and the inability to refill along the way.

If you are planning to stay at an inn or hotel, be certain that they can accommodate you. If you're staying with a relative or friend, inform them of the situation so that they can prepare for your arrival. This may be the most cost-effective choice. The best option is to stay at a second residence or vacation home which may turn the evacuation into a vacation getaway.

Getting to Your Destination

Leave as early as possible to avoid traffic and bad weather. Make arrangements to reach family members that are not home during the disaster should they be at school, at work, etc. Unplug electrical appliances. Turn off water and electricity. Lock all the doors. Check with neighbors that might need a ride. Never leave your pets behind.

Stick to the main roads and take the most direct route. Keep a half tank of gas in the car so you will be prepared in case of an unwarned disaster. If there's a possibility that you may need to evacuate, get a full tank of gas. During a disaster you may not be able to find a gas station that's open.

It's a good idea to keep a local map in your car to avoid getting lost on an unfamiliar route. Plan the route you'll be taking to get from point A to point B. Listen to the radio for important announcements. Be aware that some roads may be impassible or that regular traffic flow may have been changed. Avoid flooded areas. Keep in contact with someone. Let them know where you are going in case you don't show up at your destination.

Prepare A Family Evacuation Pack And Go-Bags

Prepare a ready to go emergency survival kit which contains all your basic needs so you can be ready to go in less than 10 minutes. Your pack should contain food and drinking water that can last for 3 days, a first aid kit, medicines, baby food and formula. In other words, it is just a smaller version of your emergency supply at home. It should fit nicely in your car and not be too heavy.

Items For Your Evacuation Pack

- Flashlight with extra batteries or any other light source
- Battery-operated radios
- Two-way radio for communication
- Cooking Supplies such as a camp stove, can opener, cooking pots and pans, knives, etc.
- Tents, tarps or any other form of shelter
- Blankets or Sleeping Bags
- Emergency phone numbers and contact information of friends and relatives
- Clothing
- Important documents in waterproof bags

Another component of your evacuation pack is the go-bag each family member should have their own emergency go-bag.

A Go-Bag Should Include The Following

- Flashlight
- Whistle

- A small radio
- Dust Mask
- Pocket Knife
- Money in small denominations
- Extra clothing
- Some food and water
- List of important phone numbers
- The person's ID card as well as pictures of family members including pets
- Extra keys to the house and car
- A copy of important papers such as health insurance
- Special needs such as prescription medications, eyeglasses, hearing aids, inhaler, etc.
- Toothbrush, toothpaste and sanitizers

Do not forget to make a go-bag for your pets, too. And even if there isn't an impending emergency be prepared by keeping a go-bag in your car, at work or at school. A disaster may strike unexpectedly at any time. If you have a pre-packed family evacuation kit ready then all you have left to do is get your kit and be ready to leave within minutes.

Hour 7: Solutions For Vital Communication Needs

During A Disaster Communications Are More Important Than Ever

Chaos and confusion are the immediate effects when a disaster strikes a community. Rumors and other false or exaggerated information will cause unnecessary panic. People fall into disarray leading them to more harm. Also, if people are not fully aware of the intensity of a disaster, they often fail to do necessary preparations and safety precautions.

You need to communicate to get vital information and updates. You may need to reach friends or family members. They may need to reach you.

Accurate and consistent information is needed to avoid danger. It provides the necessary means to get help and resources safely or to check up on friends and loved ones. Communication is absolutely important for survival during emergencies.

Get Your Mobile Phone Ready For Emergency Communications

Today more than ever we rely on our mobile phones for all sorts of communication such as texting, calling and social media. It is truly a convenient piece of technology and we have grown dependent on it. And in times of emergencies, our mobile phone can be our lifeline.

- Keep it charged while you still have electricity, take this opportunity to keep your phone battery full.
- If you have a laptop, you should also keep it fully charged. When the electric goes out it's possible to get your phone charged through the battery in your laptop using a USB cable.
- Keep extra phone batteries. It's good to have at least one spare battery for your phone. Make sure that your spare batteries are fully charged.
- There are a number of ways to charge your mobile phone when the power goes out. You can use a solar charger, car charger or power inverter.
- Update your contacts. Make sure that you have the current phone numbers and email addresses of your family and friends. Save yourself from the hassle of looking for important information when you need it the most.
- Organize your contacts. Most phones let you organize your contacts into groups or lists so that it will be easier for you to send one text to many recipients.

- Save emergency numbers. Make a list of people that should be contacted by emergency personnel in case something happens to you. Make sure that these people know any medical issues you have. You should take note of hot line numbers of emergency services.
- Subscribe to text alerts provided by the local or state authorities so that you can receive important updates through your phone.
- If your phone has internet access, bookmark useful sites so you can browse mobile sites that can be useful during the disaster. You'll have quick access to them in case you forget their URLs.
- Use social media. Twitter has become a very important platform for updates and useful information during and after a disaster. Get updates from local agencies or other accounts that publish meaningful information.
- Conserve your battery. Turn off apps and dim your phone's brightness.

Tips And Options For Communications During A Disaster

Once you have prepared your mobile phones, practice the following tips to save energy and ensure good communication.

- Use social media, e-mail or text messaging instead of phone calls in non-emergency situations. During disasters, voice networks are often congested. Let your loved ones know that you are fine by sending an email, a text message or posting to Facebook or Twitter.
- Avoid making unnecessary phone calls. This is not just to avoid network congestion; this is also to save your battery. Just share important information.
- If you failed to connect a call, wait 10 seconds before redialing.
- It's a good idea to have a battery-powered television or radio that you can use for updates and important announcements.

Alternate Ways To Charge Your Mobile Phone

When the power runs out during a disaster, we rely on mobile phones to keep in touch with family, friends, neighbors and emergency responders. If used wisely, it's possible for a mobile phone to last up to 5 days. Smart phones and tablets on the other hand may only last 1-2 days with minimal usage. But without an alternate means of charging these devices, they will become useless when we need them the most.

If you are expecting a disaster, you should have a plan on how to charge your mobile phones when the power goes out. Sometimes, when the disaster brings great damage to a community, power outages can last several days. Investing on a few gears that can help you communicate during an emergency will be worth every penny.

To Keep Your Mobile Phones Running During A Crucial Time Have At Least One Of These Things With You

- **USB Cable** – if you have a laptop, you can plug your cell phone or tablet to one of its USB ports through a USB cable. So, make sure that your laptop is fully charged. You can save energy by turning off the laptop's monitor while your gadget is charging.
- **Battery Powered Charger** – there are many portable cell phone chargers out there that run with AA batteries. They are very easy to use; you just simply load 2 AA batteries into the charger and connect it to your phone.
- **Power Inverter** – this converts the DC from your car battery to AC which is used to power appliances that are usually plugged into an outlet. It is directly plugged into the car's cigarette lighter. It usually holds any two or three-pronged device so you no longer need a special charger for your cell phone. You can use the one you already have.
- **Hand-crank Charger** – also known as windup charger or sidewinder charger, it is just a low tech gadget but a very effective way to charge your cell phones during emergencies. All you have to do is turn the crank handle at the speed of around 2 revolutions per second. Most hand-crank chargers can provide 6 minutes of talk time with 2 minutes of charging.
- **Solar Charger** – it uses solar panels to absorb energy from the sun and convert it to electrical energy used to charge your phones. A huge storm may be followed by a sunny weather in the morning. However that is not a guarantee that the power will be back immediately. You may find yourself still unable to charge your gadgets with no ways to check up on loved ones. You can take advantage of that weather by charging your mobile phones with a solar charger. Six hours of exposure to sunlight is enough to fully charge your phone.
- **Extra Batteries** – keeping at least one spare mobile phone battery is also fine as long as you use your phones wisely. Just make sure that it is fully charged at all times.

Alternate Communication System During A Disaster

Our landline and mobile phones are the primary communication tools that we use every day. They are even more useful during emergencies and disasters. But they are not a hundred percent reliable during disasters. Wireless networks can become congested. Text messages can be delayed. And phone calls can fail to connect. Some accidents can also happen that may cause your electronic devices to stop working. Whatever happens, you should be one step ahead.

In the event that your primary methods of communication won't work, you have to prepare a backup plan in order to keep your family safe in a dangerous situation. Below are a few secondary communication methods that can be used.

Social Networking

Internet connections may still be available during a disaster. You can use your cell phone or laptop to access the internet and communicate with other people through

social media. Facebook and Twitter have played big roles in recent disasters as a source of updates and information and in keeping people in touch with each other. They are also useful in calling for volunteers and raising funds for the victims of disasters.

Amateur or Ham Radio

Ham radios can be used to talk to people all over the world. They run on batteries so they can be used during power outages. The Ham radio service is basically a social hobby for some people but it also serves as an important emergency communication when primary communication systems fail. However, you need a license to operate a Ham radio. A license is granted to a person who knows how to operate, knows the safety procedures and understands the regulations imposed by his or her country.

CB Radio

Unlike the Ham Radio, the Citizens Band Radio can be used without a license. It is a two-way radio service commonly used by truck drivers. It has a shorter range than Ham radios but it is also a useful backup communication method.

TV or Radio (powered by alternative sources)

If you know the number of casualties or the damages caused by the disaster, you can have a clearer picture of how serious the situation is. That is why you have to watch the news for this kind of updates. You can also be prepared in case the authorities will advise you to leave your homes. If the power runs out, you can use televisions or radios that are battery-powered, solar-powered or windup. You can also tune in to your car radio.

Hour 8: Preparing For The Disaster

Some disasters are detected and come with a warning a few days before it actually hits your community. A good example is a storm. The news media will usually announce the severity of the storm and when it's expected to reach your location. Another example is a volcanic eruption. There are many advance signs that show a volcano is about to erupt.

However, there are many disasters and emergencies that will give you very little or no time at all to prepare. Examples of these disasters are fires, tornadoes, earthquakes, chemical emergencies, terrorism or a power outage. Sometimes, disasters such as floods or unexpectedly severe storms can happen without knowing they're coming.

Strategies To Cope With The Unexpected

When a disaster strikes and it is not safe to leave the house, there is no need to panic. Even if you were not able to put together an emergency kit, you can still deal with this kind of situation if you follow the tips in this chapter.

You can begin by storing water in as many spare containers you have. Fill your bath tubs with water and use this for sanitation purposes only. There is a chance that your water supply will be cut off so you have to prepare for that. Water is the most important thing you need, as emphasized in chapter 2. Drink enough water to avoid dehydration.

If there is food in your pantry and refrigerator that can last for at least a couple of days then you will be fine. During a power outage, keep the refrigerator shut at all times so that the food will remain frozen longer. Open it only when necessary and close it immediately. Listen to the news for announcements that it is safe to go outside. Go to the store as soon as possible and gather food supplies.

Strategies To Deal With Disasters That Can Happen With Little Or No Advance Warning

Power Outage During A Winter Storm

- Turn all appliances off and turn the thermostat down to the minimum. This is to avoid fires and damages to the appliances.
- Use candles responsibly. Use candle holders and place them away from curtains and other combustible objects.

- Do not use charcoal grills indoors. The smoke will be suffocating.
- If the temperature drops to freezing, drain the pipes by turning off the main water supply and opening the faucets to allow them to drip. This is to prevent water from freezing inside the pipes.
- Keep warm indoors by dressing in layers of light and loose-fitting clothing. But be careful not to sweat too much. Just keep yourself comfortably warm. Keep many blankets ready.
- After the winter storm, clear your roof from snow to avoid damage to your house. If need to shovel snow from your driveway do so without over exhausting yourself.

Tornado

- Stay indoors. Going outside is very dangerous because there will be a lot of flying debris around.
- Go to the basement. If you don't have a basement, take shelter in any room without windows on the lowest floor.
- Windows can explode and this will cause death or serious injuries. Avoid them.
- Stay away from big objects such as a refrigerator.
- Take shelter under a sturdy table or workbench.
- You can also cover yourself with a mattress, blanket or sleeping bag. Protect your head.
- If you are outdoors, stay away from trees or vehicles. Hide in a gully or a ditch or lie down in a low area. If you are in a car, stop it and get out. Do not try to outrun a tornado.

Forest Fire

- Close all windows and doors – but do not lock them.
- Turn off your propane tanks, if you have any.
- Defend your house for as long as it is safe to do so– prepare garden hoses, fill in tubs, and spray some water on all walls.
- Wear protective clothes.
- Prepare to leave and watch for announcements. Pack up important documents and basic supplies. Travel away from the fire.

Hurricane

- Clear your lawn from any debris that is likely to fly. Tie down objects or put them inside.
- Check that your garage is tightly closed. Flying garage doors can cause great damage.
- Storm shutters will prevent your windows from being damaged. If you don't have them, you can board your windows using plywood but be aware that if not secured properly, it can become a dangerous flying object as well.

- Be ready for water intrusion and flooding conditions.

Flood

- Shut the electricity off. Be careful to check that the fuse box is not wet. If it is, stand on a dry wooden board and use a dry, wooden or plastic stick to shut it off.
- Secure important objects by taking them to a higher floor.
- Do not try to drive or walk through floodwaters. The strong current might sweep you or your vehicle off.

Severe lightning storm

- If you are indoors, do not go out. Stay away from windows, fireplaces and doors and any conducting material such as radiators and metal pipes.
- Unplug all electrical appliances such as television and computers.
- Do not use the telephone.
- If you are outdoors, quickly find a building and take shelter. Do not get caught out in an elevated area or open grounds especially if you are taller than most objects such as on a soccer field.
- If you are in an open ground area, crouch down and keep your feet close together. Do not lie flat since there is also a risk of getting electrocuted by ground charge.

Chemical Or Hazardous Waste Spill

- Stay indoors. Do not go out unless advised by the authorities. Listen to the radio or watch the news for information.
- Close all doors and windows.
- Turn off your fans and air condition.

Evacuating On Short Notice

A disaster can become so severe that you may be asked (or obliged) to leave your home and go to the nearest evacuation center. This could be a community hall or a school gym. This is why listening to the news is very important. They will give you the locations of evacuation centers nearest you and instructions on how to get there safely. But if you have family or friends that live far from the disaster, you can also contact them at ask to take shelter in their homes instead.

If you are asked to leave, do so immediately. Lock your doors and shut off water and electricity. Leave a note and write down where you are going and when you left. This is for any family member who is not present at your house at the time of the disaster. Wear sturdy shoes and appropriate clothes. Do not forget to bring your pets with you.

If you have a survival kit or a go-bag, take it with you. If you don't, gather anything you can from your house as fast as possible. Take water and some food with you. Do not forget your medication or any special medical tools you need. If you have a flashlight, a small radio and a whistle, take them with you as well. But you should pack light so you will be able to move fast and avoid exhaustion from carrying too much weight. When you reach the evacuation center, do not forget to register so that they can reunite you with other family members.

Requirements For An Effective Disaster Plan

Disasters can be frightening and really dangerous. But if you are prepared, you will have courage to face whatever challenges that comes your way. If you know what to do, you will be able to formulate a plan. And if you and the whole family will work together, you will be able to execute that plan well.

In addition, if you know what not to do and what to avoid in the event of a disaster, you will be able to limit the risks that are associated with this kind of emergency. If you have the knowledge, you will be level-headed even in demanding situations. You can act quickly.

After reading the previous chapters, it's now time that you evaluate yourself. Are you ready in case a disaster strikes your community? Will you be able to prepare your family and ensure their safety during and even after the disaster? Do you know what you need to do? If your answer is yes to all these questions then we shall proceed to the final steps.

Involve the whole family in formulating a disaster plan. Encourage each other to work as a team. You can assign each family member with responsibilities when the disaster strikes. However, bear in mind that you should keep a plan really simple. A disaster can be a very stressful situation and plans with too many details can also cause confusion.

How To Plan For A Disaster

1. Find out which disasters are likely to occur in your area. Are you susceptible to floods? Do you live near an active volcano or where earthquakes often occur? Is your region prone to hurricanes? Or tornadoes perhaps?
2. Contact local authorities for information regarding evacuation plans. They will be able to provide information on evacuation routes, the local warning system and the designated broadcast stations for announcements.
3. Do your own research for additional information.
4. Learn about the kinds of preparation you can do during those disasters. You may also discover that there are some special tools that will be a great assistance during a certain kind of disaster. Consider investing in those kinds of tools or equipment.

5. Make a checklist. This should include all needed emergency supplies and tools, complete list of emergency numbers, escape routes or safe spots in the house for each disaster.
6. Complete your checklist. Make a list of important phone numbers and so on. Acquire the needed supplies and prepare the needed tools or equipment. The previous chapters of this guide will teach you how to assemble your survival kits.
7. Choose the place for the whole family to meet during a disaster. This will be very useful especially when the disaster strikes at a time when some family members are not home. For a sudden emergency such as a fire, the meeting place should be anywhere near your house. For emergencies that may require you to evacuate, choose a meeting place far from the neighborhood that will most likely be safe during the disaster.
8. Plan for your pets. It is best to take your pets with you when you evacuate. But some evacuation centers or establishments may not allow your pets to go inside their premises. Find friends or relatives that can shelter your pets or contact veterinarians or boarding facilities.
9. Designate an emergency contact. During a disaster, it is often easier to make long distance calls. Therefore you should assign a relative or close friend who lives far from you. This will be your emergency contact person. You tell them where you are or where you are going in case you are separated from your family which is a great possibility during disasters. Every family member should have the contact details of this person at all times.
10. Have a hazard hunt. Search the house for any hazards and fix them immediately. Remove any objects that block your emergency exits.
11. Practice your plan. You can also do some drills to make sure that your family knows how to react in unexpected situations. You can also teach your family some basic life-saving techniques.
12. Create backup plans. It won't hurt to have a Plan B and Plan C ready just in case Plan A does not work.

Practice Makes Perfect

Once you have formulated your plan, review it once in a while just to make sure you remember all the steps. Familiarize every emergency route. To take your preparation to the next level, you could also perform emergency drills with the whole family. Encourage everyone to participate and teach them the importance of being ready for disasters. Find out what kinds of disaster are more likely to occur in your area so you know what to prepare for. These drills can be performed to evaluate how prepared you actually are.

Emergency Drills You Can Practice At Home

Earthquake Drill

- If you have young children who have not experienced an earthquake yet, it is best to describe to them how an earthquake feels and sounds like.
- Before practicing in real time, give a walk through of the drill. Explain the steps and enumerate the best places to take shelter during an earthquake.
- Announce the start of the earthquake. You can shout, "Earthquake!" followed by quick orders to duck and cover.
- Duck. The safest thing to do during an earthquake is to get down on the floor. Since the ground is shaking, you might lose your balance when you try to look for a place to hide.
- Cover. Crawl and hide under a sturdy desk or table. Avoid objects that might fall on you such as shelves.
- Protect your head at all times. You can use soft objects such as pillows but your arms are good as well.
- If there is nowhere to hide, lean against a wall with your knees pulled up to your chest. Your arms should cover your head.
- Narrate what is happening during the earthquake so that everyone can imagine a real earthquake. You can tell them that the room is shaking, objects are falling down or vases are crashing to the floor. An earthquake lasts an average of 30 seconds.
- Hold onto anything sturdy or try to hold your position. Do this until the shaking stops.
- Tell everyone that the earthquake is over and slowly come out of your hiding places. Protect your heads until you are sure that you are completely safe.

Fire Drill

- Discuss evacuation plans with the family. Walk through your entire house and look for ways to escape quickly.
- Make sure all exits such as windows and doors can be opened properly. Remove all obstructions that may slow down your evacuation.
- You can draw a floor plan of the house with the exits marked clearly. Mark the locations of fire extinguishers.
- If possible, plan two ways to escape from a room.
- Train everyone, including children, on how to use the fire extinguisher. You can also practice climbing escape ladders if you have them.
- Choose a spot outside your house where everybody can meet during a fire.
- To start the drill, you can use a whistle in place of a smoke detector. Quickly get out of the house and assist other family members especially children and elderly just as you would in an actual fire.
- Stay low on the ground to avoid inhaling the smoke. Practice using the fire extinguisher.
- Check smoke detectors every once in a while so you can be sure that they are functioning properly. Place fire extinguishers where they can be easily seen. Ladders should be stored where they can be quickly taken out in case of a fire.

Hurricane Drill

- Check for loose items outside your home that should be put inside or tied down such as garbage cans, plants, etc.
- Install hurricane shutters
- Inspect the roof for loose tiles or shingles
- Photograph or videotape your home and personal property
- Review water supply containers
- Check the food supply on hand
- Check your supply of fuel for vehicles and generators.
- Check all the recommended supplies for a home survival kit.

Testing Your Preparedness

You can test your preparedness with different scenarios such as a power outage. Try Cutting the power in your house for a 24 hour period and see if your as prepared as you think are. It's a great way to determine short comings by simulating the real situation. This will help you face a disaster with confidence.

Teach your family first aid techniques such as treating wounds and applying bandages. You can also instruct older children how to turn off water, gas and electric services should the need arise. Younger children should be taught to dial emergency numbers especially 911. Everyone should know how to detect a gas leak. Don't forget to compliment everyone after a job well done. You can then celebrate together and make this an enjoyable way to learn and bond with each other.

Appendix A – What To Do After A Disaster

The Clean Up

Disasters such as floods, hurricanes, tornadoes and earthquakes can be very destructive. So you will probably have a lot of cleaning up to do afterwards. You may have to clean up scattered trash and other debris not just because you don't want your house to look unpleasant to passersby. But you want your house to be clean to avoid the spread of diseases.

You may also have to move fallen trees, boulders or roofs, with the help of your neighbors or the authorities. But whatever you do, it is important that you take it easy. You should not be stressed or feel exhausted. You should also be careful of the things around you. There are many injuries that can be caused by post-disaster dangers.

Precautionary Measures

- Watch your step. The ground may be littered with sharp objects such as broken glass, nails, branches or downed power lines. It might be too slippery because of rain or snow.
- Be careful of animals such as snakes. Natural disasters can also drive animals out of their homes.
- Avoid driving your car through flooded streets.
- Do not walk through flowing water. Six inches of moving water is enough to knock you off your feet.
- Keep away from downed power lines or electrical wires to avoid electrocution. Water is a good conductor electricity so flooded waters can be high risk.
- Turn off the electricity when you return to your house. Do not use appliances that have been exposed to flood water to avoid electrocution.
- Ensure that there are no gas leaks in your house. If you are not sure yet, refrain from smoking, lighting candles or cooking inside the house. Open windows and doors to air it out.
- Do not enter damaged structures unless they have been inspected by the proper personal.
- Reinforce your walls. Check your house for structural damages such as cracks, holes or loose nails. If left unattended, these damages will worsen. Seek the help of an Engineer or a professional contractor to inspect your house as well as making repairs.
- Check your roof. Earthquakes or hurricanes can cause the shingles to loosen or blow off. Tend to any roof repairs immediately so that you won't have additional problems when it starts to rain.

- Disinfect. Wash all surfaces and objects that have been exposed to flood water using hot water and detergent. It is best to throw away objects that cannot be disinfected such as mattresses and stuffed toys.
- If you have to walk through floodwaters inside your house, be sure to wash thoroughly with soap and water afterwards, especially if you have cuts or wounds.
- Ask the officials for assistance clearing debris such as fallen trees, boulders and the like.

Appendix B – Coping After The Disaster

Dealing With Post Traumatic Stress Disorder

You have just survived a disaster and your family may be intact and unharmed. But most of the things you care about may not have survived. You may have lost irreplaceable things such as family heirlooms and other important objects with great sentimental value. The disaster may have caused significant damage to your house, business or property. You may have suffered physical injuries. Or even more dreadful, you may have lost a loved one.

The effects of a natural disaster can also go far beyond physical damage. Aside from losses or physical injuries that one may have suffered because of a disaster, one more thing that should be given some care and attention is post-traumatic stress disorder. PTSD is a severe emotional disorder that may develop when an individual has gone through or has seen a loved one or someone else go through a shocking, severely frightening, life-threatening or very dangerous event.

It is normal and acceptable to feel distress or anxiety especially in the initial stages of recovering after a disaster. And people usually recover easily with support from loved ones and time. On the other hand, PTSD and other severe psychological effects brought about by disasters may require professional help. But simple measures can make a big difference in establishing resilience and restoring comfort and safety to the family.

Simple Things You Can Do To Help You Or Your Loved Ones Deal With Stress Or Anxiety Caused By A Disaster

- Talk to people. It may be helpful to share your thoughts with your neighbors or friends that are going through the same thing.
- But sometimes, it's better to talk to people who did not experience the disaster. Talk to people you trust. In these times, you need the support of people who care about you.
- Spend more time with your loved ones. Do "normal" activities with them – things that are not related to the disaster.
- Keep yourself occupied with other activities such as cooking, reading, playing or watching a movie. Do not dedicate too much of your energy and attention to the disaster.
- Limit media exposure. Refrain from watching the news for a while because some media coverage might overwhelm you.

- Acknowledge your feelings. Ignoring them will usually slow down the healing process. By acknowledging and accepting your feelings, you will be able to confront them.
- Tolerate others as you tolerate yourself. Remember that different people, no matter how closely related you may be, respond in different ways. Be patient with others.
- Get enough sleep. Being well rested helps in maintaining emotional balance.
- Comfort others, especially children. Talk to them or let them ask questions. Give them assurance of love and trust. You can also volunteer and help other victims.
- If you are a religious person, pray. Pray with the whole family.

Do not force the healing process. Give yourself and your family time to grieve for your losses. Remember that other people may not have the same recovery speed with you. Be patient with yourself and others. Do not judge others or feel guilty about whatever you feel. Make your recovery a priority. Relax as often as possible and avoid stressful situations until you have fully recovered.

Appendix C – Putting Together The Essential Go Bag

The Go Bag, also known as a Bug-Out Bag, is a component of the disaster survival or supplies kit. The main purpose of the go-bag is to let a person evacuate quickly when a disaster strikes. It focuses on short-term survival rather than long-term. Its contents should be enough to provide for the individual on evacuation until they reach their destination. A go bag can be a backpack, duffel bag or any other container that's just as reliable and easy to carry.

Each bag should contain sturdy clothes that are appropriate for the weather, shelter needs, toiletries, first aid essentials, medicines, survival tools, other personal items and of course, some food and water that can last for the whole duration of the trip. It should be big enough to fit all your survival essentials. It should also contain safety tools and important documents just in case that person gets separated from the main group. It should be waterproof too.

Each person should have his or her own go-bag and because some people may have specific needs, each go bag will not necessarily be the same with each other. The go bag should be customized based on the needs of the individual. Remember to pack a go bag for your pets, too.

The Go Bag Check List

The contents of your go bag will vary depending on factors such as your needs, the local terrain and weather, the type of disaster, or your own preference. But it will typically include most of the following:

Food and Water

- Water to last at least 72 hours – half a gallon a day for drinking and another half for cleaning and hygiene e.g. brushing teeth. Your water needs will also depend on factors such as weather. If it is too hot, you may need more than the minimum requirement to avoid dehydration.
- Non-perishable Food – pack ready-to-eat foods or foods that require minimal preparation. Avoid packing salty foods that will make you thirsty. You should also pack foods that are high in energy such as nuts or protein bars.
- Utensils – a few disposable plates, cups, spoons and forks will be more convenient so you don't have to bring more water for washing.
- Cooking Supplies – bring along with you some cooking supplies or equipment such

as a camping stove or some firewood or charcoal if you plan to camp out and cook your meals.

Survival Tools

- Light – a torch, a flashlight or some glow sticks. LED lights can last for a very long time without needing new batteries. Hand-crank light sources are an advantage because you don't need extra batteries to keep them running, just your own energy.
- Whistle – a whistle is good for catching someone's attention or calling help. It can save your life in really bad situations.
- Local map and a compass– so you will not get lost. Mark every possible evacuation route on your map.
- Compass – to help you navigate.
- Pocket Knife – to be used not as a weapon but as an all-purpose tool for cooking, cutting ropes or boxes and etc.
- Fire Starting Tool – for building fires for cooking or for warmth.
- Para Cord or Rope – you can be surprised by how useful a good rope can be in survival situations.

Clothing and Shelter

- Weather-appropriate clothes
- Sturdy shoes
- Extra Socks
- Poncho
- Blankets or sleeping bags
- Tent

Medical Needs

- Medicines for common ailments such as diarrhea, headache, stomachache, etc.
- Personal medications – if you have a medical condition, pack medicine that will last an extended evacuation period
- First Aid Kit – should contain basic first aid essentials based on your own abilities or training.

Toiletries and Sanitation

- Soap or Hand Sanitizer
- Toothbrush and Toothpaste
- Toilet paper
- Hand wipes
- Sanitary napkins or tampons

Personal Items

- Identification Card/s
- Laminated copy of important documents such as birth certificate, passport, driver's license, titles, insurance policy, etc.
- Any favorite item that can be a source of comfort as long as it is small and light.

Special Needs

- Glasses
- Inhaler
- Hearing Aid
- Infant Essentials

Important Information

- Critical Contact Information Such As Doctors, Financial Institutions, Insurance Companies, Relatives Etc.
- Evacuation Routes & Information

5 Tips To Pack Your Go Bag

1. Laminate the copies of important documents and Velcro them at the bottom of your bag.
2. Place big, bulky items first.
3. Laminate a checklist of the contents of your go bag and securely attach it at the lid or flap of your go bag so you can see it easily.
4. Travel light. Pack only the things you absolutely need.
5. Choose light, comfortable clothes rather than thick, heavy ones. Layers of clothes are effective in keeping one warm.

Table of Contents

[Disaster Preparedness In 8 Hours Or Less - The Quick Start Guide When You Don't Have Much Time](#)

[Table of Contents](#)

[Introduction](#)

[Hour 1: Survival Tactics For The Coming Disaster](#)

[The #1 Survival Tool You Must Have](#)

[When Disaster Strikes](#)

[Useful Tips To Keep From Losing Control](#)

[Your Survival Depends On More Than A Plan](#)

[Common Disasters And What To Expect](#)

[Survival Tactic 101: Using The What If Scenario](#)

[Survival Tactic 201: Plans You Can Execute On Short Notice](#)

[Hour 2: Solutions For The Loss Of Water](#)

[Why Water Must Be Your First Priority](#)

[How To Plan Emergency Water Storage](#)

[Store Emergency Water The Right Way](#)

[Options For Storing Water On Short Notice](#)

[Treating Water When It's Unsafe To Drink](#)

[When Clean Water Runs Out](#)

[Recommendations For Water Rationing When Necessary](#)

[Hour 3: Preparing An Emergency Food Supply](#)

[Planning Your Emergency Food Stock](#)

[Choose Foods Best For Storage](#)

[Be Smart About Storing Food Long Term](#)

[Alternatives For Cooking In A Disaster Situation](#)

[Hour 4: Essential First Aid Care & Supplies](#)

[When There's No Doctor In The House](#)

[Contents of A Comprehensive First Aid Kit](#)

[Storing Over The Counter Medicines & Prescriptions Safely](#)

[Taking Care of Injuries](#)

[Preventing A Bad Situation From Getting Worse](#)

[Hour 5: Know When To Bug Out or Batten Down](#)

[Deciding To Stay Home](#)

[Preparing A Home Survival Kit](#)

[Deciding To Evacuate](#)

[Hour 6: When You Have To Evacuate](#)

[Planning Your Destination](#)

[Getting to Your Destination](#)

[Prepare A Family Evacuation Pack And Go-Bags](#)

[Hour 7: Solutions For Vital Communication Needs](#)

[Get Your Mobile Phone Ready For Emergency Communications](#)

[Tips And Options For Communications During A Disaster](#)

[Alternate Ways To Charge Your Mobile Phone](#)

[Alternate Communication System During A Disaster](#)

[Hour 8: Preparing For The Disaster](#)

[Strategies To Cope With The Unexpected](#)

[Strategies To Deal With Disasters That Can Happen With Little Or No Advance](#)

[Warning](#)

[Evacuating On Short Notice](#)

[Requirements For An Effective Disaster Plan](#)

[How To Plan For A Disaster](#)

[Practice Makes Perfect](#)

[Emergency Drills You Can Practice At Home](#)

[Testing Your Preparedness](#)

[Appendix A – What To Do After A Disaster](#)

[Precautionary Measures](#)

[Appendix B – Coping After The Disaster](#)

[Dealing With Post Traumatic Stress Disorder](#)

[Simple Things You Can Do To Help You Or Your Loved Ones Deal With Stress Or](#)

[Anxiety Caused By A Disaster](#)

[Appendix C – Putting Together The Essential Go Bag](#)

[The Go Bag Check List](#)

[5 Tips To Pack Your Go Bag](#)