

The Quick Preparedness Guide

Preparedness is a way of life

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Are You Prepared?

Are you prepared? Do you have a plan? Can you make it through a disaster? These are questions I ask on my YouTube channel and hear many others ask all the time on their channels. It is so critical in today's world that people are prepared for any disaster and emergency that may happen. As we look around us on the news, tv, YouTube and many various sources, we see natural events such as tornados, earthquakes, Volcanoes, hurricanes. We also see other natural and manmade events such as wildfires, train accidents, plane crashes. For each one of these we need to have a plan so that we can survive. In this book I will go over preparedness and how to be prepared for disasters

Currently, the world is an unpredictable place, and preparedness is the key to any imminent disaster, economic instability and global health crisis. We all remember the Covid pandemic right? Stores were swamped, parking was hard to find and there were long lines of people trying to stock up at the last minute, and supplies were short

Being prepared is a mindset, it's not just about stockpiling goods. It is taking steps and anticipating being ready for whatever may happen today, tomorrow and in the future. Emergencies, disasters and disruptions happen without us always knowing they will occur.

However, we are not powerless. The better equipped you are the better you will handle problems as they arrive and be calm and confident and able to do so.

Chapter1: Why You Should Be Prepared. Why It Matters

Being prepared leads to better decision making for you and your family .It can help you to be less stressed and less worried when an event is going to happen or has happened .Being prepared is both physical and emotional .By being prepared and having the things that you need ,you do not have to be worried that you need to get those things as you will already have them on hand .Here are some examples of a person who is not prepared and going through a hurricane .

You are expecting a hurricane and its due any minute and you realize you do not have batteries or flashlights, or candles in case the electric goes out .These are things that will cause you stress .You don't have time to go out and go shopping as most stores will be closed and there is quite possibly an order that you must stay at home due to weather. Now you will be without lights in your home if the lights go out. How are you going to see your home in the dark or light?

You must leave your house due to an evacuation due to flooding from this hurricane, but you don't have enough gas in your car. This is something you should have had on your checklist to be able to get wherever you need to go if this becomes a possibility.

You have no electricity and no running water in your house as the hurricane has cut all this off. You forgot to fill your tub and sink and to buy bottled water. You thought this hurricane wouldn't be so

severe. Now you may be without it for a few days or a lot longer. Where are you going to get these supplies?

You didn't stock up on nonperishable foods. You thought the storm would be over in a matter of hours and would be a nothingburger like your friends said. Meh, it'll pass by. Now the roads are blocked, electricity is off, and you have no food to hold you over and your food in the fridge is going to go bad, and you might be trapped for a week. Where are you going to get food? How are you going to eat? Only you can be responsible for you!

You are feeling sick and have a headache ,you stumble to your bathroom and you go to reach for Tylenol, don't find any and then you realize I didn't buy any medicine I might have needed .You are not going to be able to go to the store for days because all the electricity was knocked out due to the hurricane .How are you going to get rid of this headache or any fever you might have?

Ow ,you have just cut yourself and you don't have any medical supplies because hey you never get hurt and if it's a bad cut you can zip on down to urgent care or your DR. to get stiches .Well now you are stuck in the middle of a hurricane or it is over and you cannot leave the house due to the hurricane causing massive damage for at least a few day. How are you going to sterilize this wound and put bandages on it

This hurricane was a bad one, you have just realized you have a hole in your roof and bugs and rain can get in. You realize you forgot to buy any tarp. It's going to be a week before you are going to be

able to get supplies to repair the roof. What are you going to fill the hole with?

This hurricane has been bad and all around your house is flooded, and you are on the second floor of your house looking out. You can see people in a boat looking for survivors. You can't call them or signal them because you don't have anything loud enough. During this time a whistle would be great to have.

The hurricane was so bad your home is destroyed .You managed to get out of the house and you have insurance for your home and your car which was damaged too .You realize all of a sudden you don't have your documents because you didn't prepare a to go bag with all your important documents and they were in your living room which was totally flooded .

You had to evacuate your home, and you must find somewhere for you and if you have family to stay. All the internet is down all over your county and possibly even the state. You however have just realized that you forgot to go to the bank and now you have no cash to pay for a hotel or food or gas ,and all the internet is down in town and possibly all towns close by, and the only thing they are accepting is cash .How are you going to afford things you need ?

Everywhere in your town has been flooded and you are evacuating and the only place close enough is a field where people are evacuating to .Your car has been damaged so you can't drive it so you and if you have family are on foot .You realize that you are going to be sleeping under the stars and you don't have blankets or

tents. How are you going to stay out in the elements without getting cold or sunburned?

These were just a few examples of what could happen during and after a hurricane and they were unprepared to handle basic survival.

Make a list of threats that could affect your area, they can include,

Civil unrest and instability, as we all know, political violence, protests and other disruptions in various places around the world can lead to disruptions of supplies.

Natural Disasters such as earthquakes, wildfires, floods and tornados are common events, that happen in various parts of the world and cannot be stopped, however you can do your research for where you live and get prepared for whatever you need to do to protect yourself in the future.

Economy Collapse, this is not a threat that will happen immediately, however does happen and can cause problems with resources. You can be prepared by building an emergency fund aiming at three to six months of living expenses. Pay down your high interest debt as quickly as possible and create a budget so you can cut back and save more each month. Look into and apply to jobs that are more stable during economic downturns. Those areas tend to be health care, education and government and state jobs.

During the Pandemic we learned that they do happen and can

quickly spread causing disruptions and lack of commodities. It is better to be prepared than without your basic needs.

...Technology and Infrastructure failures can lead to power grids down cyberattacks and water being contaminated and can disrupt basic services.

Your next steps after assessing the risks in the area that you live in is to build a preparedness plan. This plan should cover everything from food storage to constructing a communications plan for yourself and your family members.

Chapter 2 How to Get Prepared

The first part of preparedness is to get out some paper and write it down. No do not put it on your computer ,do it the old fashioned way .The reason I say this is you can take this list with you anywhere and at any time and check it if you are at the store and see what you may not have so you can grab it .Second is so you will have a list with you if you have to evacuate .Write it all out. Add to this list as time goes on and as you think of things you may need to add depending on the area you live in and the types of disasters that do happen in your area. I live in a hurricane prone area, so I prepare for hurricanes every year. I write down a checklist each year regarding all the things I know I need to have for myself and my family before the hurricane season starts, which is June 1,2025 this year .During the year I go over this list and I check to see that I still have the things that I need to have and I also check to make sure things are still good and not expired .

The second step is to develop resourcefulness that will allow you to handle emergencies. Having the knowledge of how to act in an emergency helps you to get through it safely.

Develop skills that you may need such as learning First Aid and Medical knowledge. American Red Cross, American Heart Association and CPR Educators teach these classes. You can take them online, in person or blended learning courses. Look in your area for where these classes are taking place, as there may be other places that offer these classes. Survival skills for being outdoors in

case you find yourself stranded and need to rely on your knowledge of the outdoors and basic survival skills.

Learn about plants and what is edible and what is not.

Learn how to build a shelter using tarps trees and any other thing that can be used.

Learn how to find and purify water, if you have a water purifier already then that will be much easier to do. Clear flowing water is usually small streams as the movement helps to prevent bacteria from building up. Look for valleys ditches as water flows downhill and look for wildlife in the area as that will indicate a water source. You can collect rainwater with a bucket using a tarp or off a roof. You can use melted snow and ice which can provide a small drinking source. Look for plants such as cactus if you live in an area with cactus which holds water. Just be careful of the spines. Cut or crush the fleshy pads and stems and then squeeze the pulp to extract water. Be aware however what cacti you can use as some cacti have toxic compounds. After you have identified that it is safe, boil the water to kill any potential pathogens and do not rely on cactus as a sole water source.

Learn how to build a fire. This includes in the rain. If you have fire putty and wet fire, they can effectively kick start a fire in damp conditions such as do wood shavings and laundry lint and pine sap. Keep your fire-starting materials in a waterproof container. Lower branches of trees are usually dry and start a fire better than wet wood. You can test the wood by breaking it in half; if it makes a loud, clean snap then it is dry. If they bend like rubber, they are not

dry enough to start your fire. Collect Finger size sticks and forearm sized sticks. Collect an armload Then find or create a dry area for your fire TP style fires help to keep your wood dry and off the ground. Once you get your fire going add your finger size sticks. Do not smother your fire and repeat the process with the forearm size sticks. After that maintain your fire.

Learn basic navigation using a compass or maps, this will provide you with a sense of independence and confidence as well as not having to be dependent on technology if the electricity goes out.

Brush up on your self-defense so you know how to protect yourself during a natural disaster and yes during social unrest to be able to protect yourself and your family. Though law enforcement should be dealing with the situation, there is always that off chance that they cannot get to you .Know how to use pepper spray knives baseball bat taser and yes a gun, however if you have the last on the list be prepared and know how to use it ,because if you fail to act ,it can be used on you instead. Also keep it safely locked away when not being used so that it will not be gotten into the hands of someone who could use it for suicide or any other nefarious reason.

Learn Basic home maintenance and how to do repairs on plumbing, heating and electricity which might break during an emergency ad make your home inhabitable if you do not know how to do them. Learn what tools you may need to shut off the gas and water to your home and how to change switches and fuses etc. Many courses are available to be used on YouTube and online.

Sit down with your family and create a plan as to what skills each person has and what they will be responsible for when needed.

Teach your family basic safety rules such as calling 911 and making sure everyone knows how to evacuate from your home. Have drills and practice what to do in a crisis. These drills will help everyone stay calm and know what to do immediately. If you have pets, include them in these drills. Teach your family how to stay informed of emergencies by smartphone, social media, radios, ham radios and any device that you have for emergencies.

Write down your family emergency procedures manual, contact information and details such as medical problems etc. then store this list in a safe place and make sure everyone knows where it is Add to it as needed.

Preparedness of community is just as important as yours and your family's preparedness. Join a community group or form a community group so that you can work together to create mutual aid plans. These include shared resources such as tools, generators and food storage. Create a list of contacts and establish communication channels.

Chapter 3 Creating a Personal Preparedness Plan

Having a clear and actionable plan is one of the most important steps in ensuring you and your loved ones are safe and secure in a time of crisis.

A preparedness plan is written and is a thought-out strategy to respond to an emergency. It should outline specific actions and assign responsibilities to family members, providing guidelines for safety during and after an emergency. This plan should be understandable and often updated. A plan prevents panic and limits stress. A plan means everyone knows what to do, doesn't freeze up and can execute it without hesitating. A plan helps you to act quickly when an emergency happens. It improves communication so that everyone knows how to communicate with each other and through whatever channels you have discussed. Phones and internet may not work during emergencies so make sure you know what plans are there if they do not work.

Create an evacuation plan, identify your routes, know at least 2 ways to get out of your neighborhood. Think about traffic and roadblocks and your potential fastest route of travel. Designate a meeting spot in case you and your family get separated. Designate one closer and one further away from your home. Plan transportation and how you and your family will travel, this includes pets. Keep your car fueled and have emergency supplies in your car.

Prepare a go bag for each one of your family members. These bags

should include clothes, water, food, first aid supplies, medication and important papers. You should also have a go bag for your pets as well which has their papers if they have any, food and water, medication and any supplies they will need.

. Sometimes you cannot leave your home and will have to shelter in place due to safety and sheltering in place is your best option. This would be for times like a tornado, chemical spill or pandemic or any other emergency that causes you to have to bug in. Know your plans for what you will do if you must stay home, what room do you designate to be a safe room that has no windows and is on the lowest floor of your home for the event of a tornado. Make sure it is well stocked with emergency supplies such as food and water, and medical kit. If it is a chemical or biological threat, make sure you can seal the room with duct tape or plastic sheeting. Make sure everyone knows how to communicate during an in place sheltering and knows where all the emergency equipment such as emergency radios and backup power are located. Know what to do during both scenarios when electric and communications i.e. cell phones and internet may be down to be able to stay in touch with friends and loved ones. Make a communication plan for when cell phones and internet don't work, have an emergency contact list of family, friends and neighbors and know how to contact them before during and after an emergency .You should designate an out of town contact as it is easier to reach an out of town person when local networks are overwhelmed .Plan for use of walkie talkies ,social media and emergency radios in case cell phone towers fail.

Chapter 4 Shortages

As we all know especially if we lived through the Covid pandemic, life can be disrupted for extended periods of time Power outages and lack of access to drinking water, and yes Toilet paper can all be challenges to living in comfort and safety. Part of your plan should be how to deal with these potential disruptions that may occur. Losses of power can happen due to earthquakes, cyberattacks, tornadoes and storms. Part of your plan should be knowing what to do if there is a disruption.

You need to have a backup such as a generator or solar power and fuel and charging stations for longer term use. You can stock up on flashlights, candles, headlamps and lanterns. There are some solar ones that do not require batteries.

As I stated later in Go Bags, stores may be closed or in shortage with supplies. It is important to have at least a two-week supply of nonperishable food that can be eaten without cooking for you and your pets. When it comes to water ,one gallon of water per person per day Research suggests 72 ounces for women and 100 ounces for men per day .Water keeps you healthy and able to function properly and not be dehydrated If you want to you can buy packets of water flavors to put in your water or electrolytes in packets that you can use , especially for children who might not like to drink just water. Have camping stoves and propane or a means to cook if your power goes out.

. Have a healthcare plan if services are disrupted, if you have specialized medical needs and check with your doctor about getting your prescriptions in advance. Some Drs. Will fill them for a few months in advance.

Chapter 5 Things You Should Have in Your Go Bag

A well-stocked go bag should have everything you might need for survival and for any emergency you may encounter. You should have a go bag for each person in your home and one for your pets

The basics are food, water, clothing, first aid kit, tools and equipment, personal hygiene items, communications tools and cash. You should have enough food and water to last you for around three days according to the Federal Emergency Management Agency and other preparedness agencies. That way you can be self-sustaining until help arrives.

When it comes to water ,one gallon of water per person per day Research suggests 72 ounces for women and 100 ounces for men per day .Water keeps you healthy and able to function properly and not be dehydrated If you want to you can buy packets of water flavors to put in your water or electrolytes in packets that you can store in your go bag, especially for children who might not like to drink just water

Clothing should be weather appropriate and include durable shoes, socks, gloves, rain poncho and hats. Pack enough clothes for cold weather in case it gets cold out.

Have a good first aid kit, you never know when someone will need it. Make sure it is well stocked and includes bandages, gauze, antiseptics, bandages, ace bandage wound dressing, burn crème personal medications and a face shield in case you need one.

Your personal hygiene items should include wet wipes, and hand

sanitizer, toilet paper, toothbrush, toothpaste, feminine hygiene products, and any other personal items you may need.

In your go bag you should include duct tape, rope, flashlight and a means to start a fire such as a lighter and matches. It is good to make sure they are waterproof brands in case it is raining. Also include a whistle for signaling or an air horn. You don't want to be like my example earlier of someone who can't signal for help if needed.

You will need to communicate so a battery powered or crank emergency radio to receive news or updates, so you know what is going on. A solar charger for these devices is also a good idea.

Money is also necessary. Put small denominations of cash in your bag in case ATMs and credit card machines are not working.

Your go bag should be a long lasting tough duffel bag or backpack with lots of compartments to organize what you are packing .Put the most essential items at the top of your bag so you can get to them faster .Take into account the weight of the bag and if children will be carrying them you can create lighter kits for the children .Also you can make use of strollers or wagons to transport heavier loads. This is if you cannot use your vehicle. Also consider labeling each bag for the person who will be using it so that each family member knows which bag to grab. You can even use different colors for each bag with their name.

In thinking about the three days go bag it is important to plan for longer food and water storage as the three-day bag is good for short term emergencies, however you need to also plan for long term

disruptions especially if you live in an area prone to natural disasters and long-term power outages.

Store a variety of long lasting food like canned goods, pasta, dehydrated fruit, freeze dried meals, vegetables and beans .These items have a shelf life up to 25 years if stored properly. There are several places where you can buy kits online to substitute what you already have. You should aim to have at least a two-week supply of food for everyone in your household. If you have enough room, try for a month. Think about what your family does and doesn't like when buying food. Store your food in a cool and dry dark place away from sunlight and moisture. Use airtight containers or mylar bags with oxygen and extend shelf life. Make sure you rotate and check your items regularly. Use old items and replace them with newer items.

In addition to 72 hours of drinking water store at least one gallon of water per person per day for two weeks. If you must, use large 5-gallon containers. Some areas water may not be good enough to drink, you can invest in water purification filters UV filters, and purification tablets. You may also need to boil water, and a camping stove or portable burner will be useful.

Other items you should have include lighting, flashlights, headlamps or lanterns. Solar powered and hand cranked lights are the best if you don't want to rely on batteries. If you use items that use batteries make sure you have extra batteries.

If you have no electricity, you will still need warmth, Mylar blankets are useful when it is cold. You can also buy emergency blankets

usually sold in the tent section in Walmart or in outdoor gear stores. Some people's homes may be destroyed and unsafe to stay in but if you don't leave, you will need a tent, know how to set it up and practice making an outdoor shelter.

A multitool is a great tool to have and comes with features like pliers, knife, screwdrivers and scissors. It can be used for emergency situations like building shelters, preparing food, repairing gear and other things.

Other things to store are medications, pet supplies and something to do for fun.

Chapter 6 Insurance

Yes, that ugly word. This is an integral part of preparedness. It protects your assets before, during and after an emergency. By understanding what type of insurance, you need you can ensure that your coverage is adequate in your preparedness plan. Proper healthcare insurance is important as medical expenses can quickly add up in an emergency. Make sure you have a plan that covers routine care and emergency services. If you have special needs, ensure your policy covers them. Homeowners insurance. If your home is left destroyed or damaged by a disaster your homeowner's insurance can help you to cover the costs of repairs or replacement. If you are renting, renters insurance covers your belongings. Vehicle insurance helps to repair or replace your car. Make sure you have the right insurance, especially if you are going to rely on your car to evacuate or for transportation. Life insurance. This is important if you have dependents. This provides financial support in case of your death and helps to leave a way for your family to cover expenses and maintain their lives. If you live in an area with earthquakes and floods, ensure that you have coverage for natural disasters. You may need to get specialized coverage that your insurance does not cover.

Chapter 7 Being Self Sustaining and Self Sufficient

During times of crisis relying on grocery stores, power grids, cell phones, treatment plants and water can leave you vulnerable. The best way to not be is to be self-sufficient. This means creating a means to meet your own needs for water, shelter, food, energy and food. Which brings me to the topic of growing your own food, starting a home garden. The best way to start is to choose the right location, then select what you plan to grow. Start with an area that gets plenty of sunlight for at least 5 to 8 hours a day, that has good soil drainage. If you do not have room, you can do potted plants and raised beds. Plan your garden based on the time of season that these items will grow. Some plants grow better along with others. Research what grows during what part of the year and then plant accordingly.

After your garden has grown, you can, can and preserve vegetables and fruits. You can even can meats. Make sure you study up on the basics of canning, pressure canning and water bath canning so that you preserve your food safely. You can also Dry and Freeze Fruits and vegetables and herbs. Freezing can also preserve food. Freezing will give you access into the winter months.

Animal husbandry is focused on taking care of breeding and rising of domestic animals for meat, milk ,eggs ,fiber and milk and other products. If you have the space for it, raising small chickens, rabbits and goats for eggs and meat, milk and cheese you can make is a good idea. Chickens are easy to care for, requires little space and

will eat scraps from your kitchen reducing waste. Rabbits breed quickly and can provide meat, and their waste can be used as fertilizer for your garden plants. Goats are good if you have more land. Goats provide milk, meat and fiber. They are tough animals but require proper fencing and shelter.

Cows, this is if you have a lot of land and can take care of a cow or cows. Cows provide meat and milk.

Chapter 8 Renewable Energy

Relying on external energy sources can leave you vulnerable when there is a power outage or grid failure. Building your own energy system through renewable resources can help you to increase your self-sufficiency.

The most popular are solar panels which reduce reliance on the electric grid. Depending on your energy needs, solar can provide you with enough power to cover your electricity consumption completely. There are several types of solar panels, or an off grid solar system which can allow you to be totally off grid and store your excess power and solar water heating which uses the sun's energy to warm your water which reduces your reliance on gas or electric water heaters.

The wind power of small wind turbines is good to use if you live in a windy area. They can generate electricity and can complement solar power when the sun is not shining. Hybrid systems can combine wind and solar power to create a reliable renewable energy system, ensuring you have power during different weather conditions.

If you need backup power, a gasoline or diesel-powered generator is good, you can get a portable generator that can provide electricity for emergencies. Make sure you keep enough fuel to run it for a few days and maintain the generator properly. A generator should be kept 20 feet away from doors and windows and outside. Make sure the

exhaust is pointed away from your home. This will keep you protected from Carbon Monoxide which is colorless and deadly.

Being sustainable also means reducing waste. You can compost food scraps and manure to enrich your soil for your gardens. Composting toilets are a great solution for off grid living and in emergencies when plumbing is not available.

Reduce your consumption of material goods. Decreasing your reliance on stores will make it easier to survive during a crisis. Focus instead on repairing items instead of discarding them. Use renewable items instead of single-use items. Also conserve water and energy in your daily routine.

Chapter 8 Hurricane Preparedness

So, there is a hurricane coming, what are you going to do to prepare for yourself and your family? You have one week before it will hit your area according to the weather men. Are you going to sit back and do nothing or are you going to get prepared? Your best bet is to assess your location , understand evacuation routes and sign up for alerts .You should create an emergency kit with water for each person per day ,nonperishable foods , flashlights and extra batteries , unless you have solar or a generator .I would still have the latter as well .You should have first aid kit ,prescription medicine ,personal hygiene items and cash as ATMs will probably not be available Your important documents should be in a water tight container Clothes blankets and shoes if you have to evacuate ,battery powered or hand crank radio ,maps chargers and power banks , and items for infants elderly and pets .

You need to know your evacuation routes, have multiple plans in case one is too dangerous or blocked by debris.

Have a family communication plan and decide on meeting places. Ensure that everyone can contact each other that they have a charged phone and that they understand how to use it in case of emergency

Know where your evacuation shelters are located, you don't want to be stuck not knowing at the last minute. Identify hotels, friends, and families' homes that you can go stay at in an emergency if you

must evacuate. Ensure that your vehicle is filled with gas and is in working order.

Have an emergency kit in your car which should also include jumper cables, tools, water and food.

Prepare your home by securing doors and windows and installing storm shutters if you have them or using plywood to cover all your windows. Trim trees and cut back overhanging tree branches and any dead or weakened trees that may fall during high winds. Clean out your gutters to insure drainage of heavy rainwater .If you live in a flood prone area use sandbags to create flood barriers and move your valuables and furniture to a higher floor or location .If electric may go out ,consider buying or renting a generator to keep your refrigerator and medical devices if you have any working during an electrical outage .Put all your important documents in sealed containers .

You can download different apps like NOAA or FEMA, The Weather Channel to receive weather updates and warnings. This will help you to stay informed of what is going on and to plan accordingly during a storm.

Wait for the authorities to give all clear before you leave your home. After the storm, inspect your property for damage and be careful outside for downed power lines. Report damage if you have down lines, report damage of your property to insurance companies

and make sure you take plenty of photos for claims. Also check on your neighbors and the elderly to make sure they don't need assistance.

It is better to be prepared and ready for a hurricane than be caught unprepared.

Chapter 9 Forest Fire/Wildfire Preparedness

Being prepared for a forest fire means taking steps to mitigate the safety of you and your property. The things you should do are remove anything that is flammable and remove dead plants and weeds, shrubbery and trees, which will keep the fire from spreading. Make sure that you leave 30-foot buffer zone around your house and more if you are high risk. When doing landscaping you can use fire-resistant plants around your property that will limit them from being fuel for a fire. Remove any leaves from your roof, trim and gutters that can quickly ignite.

Before a fire and in a wildfire area you can begin preparation by installing sprinklers, if possible, around your property, you can use these to protect your home. If you upgrade your home, use fire resistant materials for roofing, sides and decks

You should have an emergency plan. Know your evacuation routes and have two routes you can use to escape the area you and your family are in. Also know where your emergency shelters are located. Have a communication plan and establish a plan to check on family and friends and neighbors during the emergency. Practice evacuation drills so that everyone will know what is expected and where to go.

Make sure your emergency kits are packed with documents, water,

food, medication flashlight, portable phone charger and any other personal items you may need.

Next, listen. Sign up for alerts and monitor the weather condition. By doing so you can stay more informed about changes in air quality and weather conditions which may impact your area. The apps are State and local, red cross, FEMA, air quality monitoring, smart phone apps, National weather service, local Government and Emergency Management websites...

Keep your vehicle ready, fuel up your car in case you need to leave quickly. Have your emergency kits in the car and again know your route of travel. Having fuel in your car helps you to avoid long lines and to travel a long distance away from the area. There may also be fuel shortages as gas stations run out of gas due to high demand, disruptions in supply and road closures.

If you receive an evacuation order do not wait, leave. If you see the fire spreading towards your home or area it is time to leave. Don't wait. If you can leave early, it is best to do so, that way you will not be caught in other traffic evacuating.

Keep an eye on air quality, monitor smoke reaching your area from wildfire and forest fires. The concern here is health risk. Wildfires contain fine particulate matter PM2.5 Carbon Monoxide, and volatile organic compounds which can irritate the respiratory system, throat and eyes. People who have asthma, heart disease, bronchitis are at risk of experiencing health problems. Smoke from wildfires

can also cause problems with visibility and make driving more dangerous. Outdoor activities can cause health problems in healthy individuals. Persistent smoke can cause stress and anxiety especially for those who live in wildfire prone areas.

After the fire is over, do not return until it has been declared safe to return. Officials have the skills and training to be able to tell you when it is safe to return, to ensure that the environment is safe for you to return and to remove any threats that may be in the area. Emergency teams may still be working on rescuing people, and your presence could interfere with those rescues and create more risks. After a fire, natural disaster or hurricane, or earthquake, there could be chemical spills, and the area may pose a risk to people's safety. There may still be aftershocks if there was an earthquake, and structures may not be stable. Many people are eager to return home and regain their normal lives. Following official orders increases safety for all concerned.

Chapter 10 Earthquake Safety

If you live in an earthquake prone area it is best to be prepared, however even if you do not live in an area that sees earthquakes often being prepared is also a great idea as you never know when an earthquake may strike.

Start by preparing an emergency kit, food water, flashlights, batteries, medication, first aid, important paper and documents and portable chargers for electronic devices. Then create a plan to know where to meet your family members if you become separated. Practice drills in your home, stop, drop and hold on. Identify safe spaces in your home that can be used to get under. Stay away from windows and doors. Door frames are not safe as buildings are not as structurally sound as older buildings were.

When it comes to your home, secure your heavy furniture like bookshelves Mirrors, picture frames to the walls. Keep any heavy items on lower shelves.

During an earthquake, you should remain calm. If you are inside a building drop cover and hold on. Get under a sturdy table or desk and cover your head and neck. Hold on to what you are under to protect yourself from falling debris. Dropping to your hands and knees helps you to avoid falling and getting injured. If there is no cover nearby to you, get as low as you can and get into a fetal position using your arms to protect your head. Resists urge to move as an aftershock could happen immediately after a big earthquake.

During an earthquake if you are in a vehicle pull over to a safe

location away from overpasses, bridges and trees. Stay in your vehicle with your seatbelt fastened until the shaking ends, which will provide protection from falling debris. Keep your seat belt on and do not exit the car. Only leave if you are unsafe in the car. When the earthquake ends, listen to official news that the bridge you are on is safe to continue driving on as it could be structurally unsound and not safe for you to continue driving on.

After an earthquake you should expect there to be aftershocks. These can go on for a very long time depending on the size of the earthquake, faults and movement. Be prepared to stop drop and roll at any minute. Check for any hazards like gas leaks, structural damage and fires. If you are unsafe, evacuate your home immediately. You should stay informed and listen to any updates regarding the earthquake. Use a battery powered radio if you have no electricity or use a cell phone to get information about evacuating if you need to. This way you will know about road closures and other emergency news. regarding the earthquake.

If you are in a building that has an elevator, it is best to use the stairs after an earthquake. Elevators may go out and you may become trapped.

After a earthquake it is best to avoid driving on roads as there will be emergency responders who will need the road to be kept clear, this is unless there is an evacuation, which means you should leave immediately.

During an earthquake if you are outside move away from any buildings and trees and power lines to a clear area and drop to the ground and cover your head.

If you are on a bridge during an earthquake stay in the car, it can

After the earthquake check for hazards and damage. Make sure your building is safe.

Things to remember .Do not Panic , do not run .These can lead to you becoming injured from falling or debris falling on you .Do not take the elevator as it can stop working .Do not use your phone during an earthquake .Phone lines may be overwhelmed with people calling and you should be focused on you staying safe . After the earthquake it is fine to call and let people know you are ok, or not.

For aftershocks treat them the same as earthquakes, stop, drop and hold.

Extra Notes

Take into account that during a natural disaster you may not have electricity and therefore your refrigerated food may go bad. Make sure you have nonperishable foods that you do not need to cook. If you have a Coleman stove you still won't have any meat unless you have a generator in your home to keep food cold. My suggestion is if you have a stove and you have meat that is going to go bad soon, cook it up so that it doesn't go bad and doesn't stink when it does go bad. I have a deep freezer. If the electricity goes off, I remove the food in the freezer of my refrigerator and I put it in the deep freezer first. A full deep freezer can maintain a safe and frozen temperature for 48 hours and a half-filled deep freezer for 24 hours. Food that reaches 40 degrees for more than 2 hours is unsafe to eat and should be disposed of immediately.

A while back I went through a hurricane in my town and our electricity and water were knocked out. The electricity was off for a few days and our water was off for a week and then under boiling advisory for 2 weeks. I have learned from this experience to be prepared by having enough water in my home to survive two weeks if I am bugging in during a hurricane. During that same hurricane our neighbor came to our home. He was a college student, and he did not have water, and he did not have lighting. I had extra candles and flashlights and batteries to be able to help him. Opening your door is a decision only you can make. Assess the situation and if you feel safe, determine the emergency and its nature and what risks if any may be involved. Follow Official instructions and pay

attention to official sources for guidance during a disaster. If you have the resources to help someone and believe it to be safe, then consider opening your door to assist if you know there is no threat to the safety of you and your family. Things you also need to consider if you have enough resources to help someone and be able to help yourself.

Supply Kit

Water – one gallon of water per day per person for drinking water and for sanitization.

Food - non-nonperishable food for several days

Battery powered or crank radio -to be able to hear important updates

Batteries for your flashlight and any other battery powered instrument.

First aid kit So you can deal with any emergency you may have.

Whistle to be able to signal help.

Towelettes to clean yourself

Garbage Bags -For Sanitation

Local maps because GPS will not be working

Cell phone charger to charge your cell phone

Flashlights To see in the dark

Toilet Paper

Paper Towels

Medical equipment

Toiletries and hand sanitizer

Feminine Hygiene products

Manual Can opener- for opening cans and other goods.

List of your Drs. and important medical information, serial numbers of all your devices in case you have to replace them with insurance.

Document holder with all your important documents, with a photocopy of all important documents. Make sure the container is watertight.

Medications -enough for at least 1 week.

Insurance paperwork for houses and cars.

Birth Certificates for every member of your family

If you have gas in your home, a wrench to turn off utilities

Clothing, rain gear, sturdy shoes

Sleeping bag or blankets for each family member

If you wear contacts or glasses, have an extra set

Nonprescription medications, Tylenol, aspirin, Motrin, cough syrup etc.

If you are bugging in or out, A fire extinguisher to put out any fires.

Some tools you may want to have, rope, work gloves, multi tools. hammer and nails, clean up supplies, broom and mop, N95 mask, paper towels scrub brush, sponges, shovel,

Matches or a Firestarter, preferable waterproof.

Books and games for children or to pass time.

Paper and pencil

Medicine dropper and Chlorine to disinfect water.

Cash in small denominations

Pet food for all your pets. If you evacuate, take them with you

Infant formula, bottles, diaper wipes. You may also need diaper rash cream.

You can add to this list anything else that you feel you may need to have.

Make sure all family members know where the kits are in case you must leave home quickly.

Keep your phone always charged as you never know when an emergency will happen. Having an extra power bank is important. If you are in your car, you can charge your phone in your car

Pet Preparedness

Create a pet preparedness emergency kit with food and water for at least 3 days. Remember bowls for eating and drinking. Include any medications your pets are taking.

Remember harness leashes and any other walking aid you may use.

Litter bags for throwing away feces

Litter boxes if you have cats

Pet ID tags for your pets with address on them in case your pet gets loose it will make it easier to get your pet back to you.

Pet first aid kit

Medication if your pet takes any. 7-14 days' worth.

Toys and blankets for your pet.

Having your pet microchipped can help reunite you with your pet. Keep the microchip updated.

If your pet does not like carriers, get them used to going in it.

Teach your pet basic commands such as sit stay lay down. This can help in stressful situations.

Include your pet in your emergency plans, who will be responsible for the pets.

Check for pet friendly shelters before any emergency so you will know which one you should go to.

Keep a record of your pet's information, shots etc. This documentation will become useful if you need to see a vet, or it's needed at a shelter.

Stay calm so that your pet stays calm.

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Remember often during an emergency, water, electricity, heat, air conditioning, telephone and even cell phones will not work. By being prepared you can mitigate some of the discomfort and stay safe .You can take as little as a few days or several months to create your quick go bag ,or at home supplies to weather out a disaster but that choice Is up to you and a ounce of precaution is better than being caught underprepared and without being able to meet your needs when something happens .. .

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