

EMERGENCY

PREPARATION

GUIDE

SURVIVENATURE.COM

BE AWARE OF THE RISK

HAVE A PLAN

COLLECT YOUR EMERGENCY KIT

EMERGENCY PREPARATION GUIDE

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INTRODUCTION

An emergency preparation guide for you and your family

Are you prepared for a 72-hours emergency?

In some regions of the US, due to long distances, emergency workers can spend up to 72 hours just to reach a location where an emergency situation happened. Therefore, you have to do some preparations beforehand in order to enhance your chances of survival within 72 hours period.

And in this guide, you will learn anything that you need to know about emergency preparation and what you have to do to survive in the first 72 hours. With this guide, you can create your own emergency plan and checklist for an emergency kit. Read on to find crucial information that can significantly boost your survival chances!

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Step 1

Know the Risks

KNOW THE RISKS

The USA is a big country with a great variety of different landscapes and weather conditions. Therefore, before you start to prepare for an emergency, you must check what are the exact risks in your region. For example, if you are living in the west, earthquakes are most common, while blizzards are typical for Alaska and tornados for the Middle west.

Also, possible scenarios of emergency situations can go far beyond natural disasters. Therefore, you have to check whether your community has some dangerous industrial complexes such as chemical factories or nuclear facilities. Also, it would be better to check how likely are power shortages in your city.

Some of the most probable risks are already identified by the government, so check the government website and know what to expect in your region.

Also, do not forget that you can find a lot of useful information regarding survival in all sorts of dangerous situations [on our website](#).

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Step 2

Have an Emergency Plan

HAVE AN EMERGENCY PLAN

If you are keeping a household, the first thing that you have to do in order to prepare it for an emergency is to have an emergency plan. To write such a plan is not a hard task. It takes only about 20 minutes but can save your health and probably life in case if an emergency occurs.

First of all, when creating an emergency plan, you must remember that most emergencies occur unexpectedly, so your family may not be together. Therefore, you have to think about how to contact the family members during an emergency and to agree on a safe place where you can meet. Discuss how each member of the family can reach this place and how safe the route is.

Later, in our guide, we will provide you with the template of the plan that you can fill on your own; some of the information that should be on the template may be collected only at the emergency agencies of your province, so remember to visit a respective website.

When the plan is created, do not forget to print it and put it in different safe places across your households and in an emergency kit. If you have a car, but one copy in it. Also, it would be wise to upload a digital copy of a plan in one of the cloud services and on a memory stick.

HAVE AN EMERGENCY PLAN

I. KNOW YOUR HOUSEHOLD

If an unexpected emergency finds you in your house and the disaster is so serious that you must leave the house, the most important thing is to know how to leave your house safely and quickly. For this purpose, you have to draw a floor plan of the building on which all possible exits must be marked.

In case if you are living in an apartment, you must know the safest way to the stairs; remember that in an emergency, you cannot use elevators under any circumstances. If due to health conditions, you or a member of your family is unable to use the stairs, you can notify personal of emergency services in advance.

Furthermore, think about the safe place outside your household and about how you can get there; it is better to think about several options.

2. KNOW THE WORKPLACE

It may happen that an emergency would occur while you are at your workplace. To prepare for this possibility, you must learn about all the emergency plans at your workplace because you need to know about the emergency evacuation plans, emergency exits, safe meeting points, and floor wardens.



HAVE AN EMERGENCY PLAN

Also, check whether the company keeps some stockpile of food; if not, you can consider having such supplies for yourself. Do not forget to create several routes from your workplace to your home.

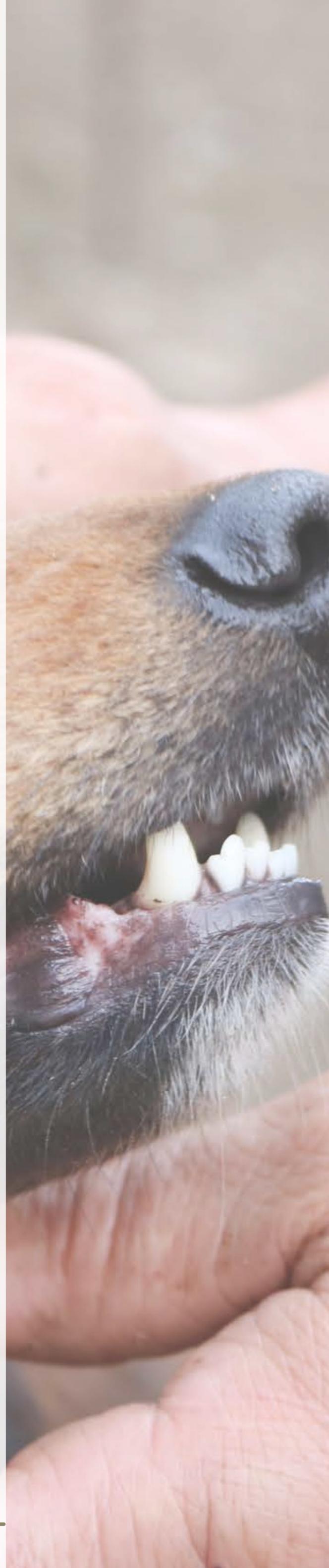
3. CARE ABOUT THE CHILDREN

If your children attend school or kindergarten, ask them about their emergency plans. Make sure that they would efficiently contact you in case of an emergency. Think in advance about designated persons who you may authorize to pick up your children in case if you are not able to do so. Also, do not forget to provide them with necessary documents in advance.

4. PLAN FOR PETS

If you have some pets in your household, do not forget to include them in your plan. Pets can make your survival a bit harder because some shelters and hotels do not accept them. So mark on your plan or the pets-friendly places where you can go.

Also, do not forget to stockpile some food for them.



HAVE AN EMERGENCY PLAN

5. HEALTH INFORMATION

If you or a member of your household have some specific health conditions, it would be a good idea to write them down on a separate list and give this list to the friends and neighbors who can help you in an emergency situation.

On such a list, you should state information about allergies, medical history, health screenings, medication, recent vaccinations, surgeries, medication, and other special needs. Also, you can talk to your doctor; they can advise you on necessary medical supplies that you need to stockpile. Moreover, do not forget about the prescriptions.

6. WORK WITH YOUR LOCAL COMMUNITY

It is always better to live in a neighborhood where people help each other, but in case of emergency, relations within a community become vitally important. To prepare the community for an emergency, speak with neighbors and try to identify people who need additional help. You can even create block buddies who will take care of the people with special needs in case of an emergency.

7. EMERGENCY CONTACTS

Collect the information on all possible emergency services in your city and how to reach them; write down this information and save it on your mobile phone. The same is

HAVE AN EMERGENCY PLAN

also has to be done with the contacts of your friends and family who live outside your community and to whom you can go for a stay.

8. COPY YOUR DOCUMENTS

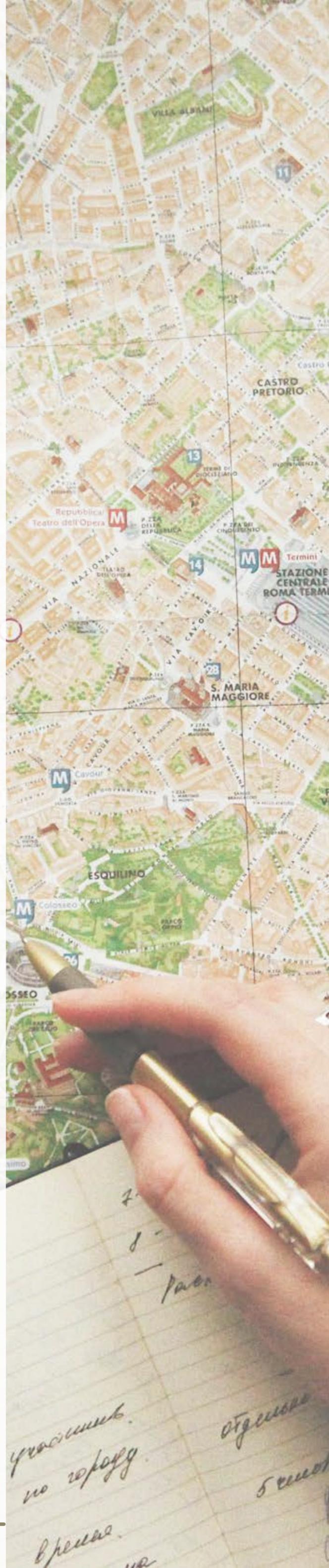
Another good thing to have in case of an emergency is copies of all the important documents such as passports, birth certificates, licenses, insurance policies, and land deeds because it can happen that the originals would be destroyed in an emergency, and copies can make the restoring process easier. Make several copies and keep them outside of your house.

9. FIRST AID

In an emergency situation, knowing how to save a life is crucial for survival. So, if you can significantly enhance the survival chances of your family, find your local US Red Cross because they provide very helpful first aid courses.

10. EMERGENCY REMINDER

It is a good thing that in most of the US, emergencies are not so frequent, but such a situation can be bad for your preparedness because the information that you write down on the plan today can be absolutely useless in a year. So, it would be a good habit to review your emergency plan once a year and update information. Also, you can change food in your emergency kit.



HAVE AN EMERGENCY PLAN

II. A SAFE HOUSE

Another thing that you need to do is to prepare your house for an emergency. First of all, check your carbon monoxide detector; if you do not have it yet, you should consider buying one because it is crucial for survival in case of fire. Also, make sure that you have a smoke alarm and fire extinguisher, and a first aid kit. Do not forget to mark all the emergencies exit.

The next step is to train members of your households; everyone, including the elderly and children, has to know how to use fire extinguishers and where they can find them. Do not forget to check their lifetime.

Everyone of capable age must know how to switch off gas, electricity, and water. To make it easier for children, you can use big signs for water and gas shut-offs, moreover, keep the instructions for water and gas valves somewhere close to the respective valves. Also, teach children how to call 9-1-1 or how can they reach designated persons.



HAVE AN EMERGENCY PLAN

GENERAL HOUSEHOLD TIPS

Make arrangements within the family about whom you should call in case if an emergency occurs while you are not at home. It should be a person that you trust and that lives in another town that is unlikely to be affected by the same emergency.

If you have just moved to another area and do not have such contacts, you can try to make arrangements through community organizations or cultural associations.

Also, it can be a good idea to keep a corded phone at your house.

Another important issue in any survival is water, and it may happen that you would run out of it. In this case, avoid drinking water that, in your opinion, is contaminated, even if you have only slight doubts. If it is possible, check a source with authorities.

Do not forget that ATMs and bank networks with high probability will not work during an emergency, so you should always keep some cash on hand.

HAVE AN EMERGENCY PLAN

WHAT TO DO IN AN EMERGENCY

The first action that you have to take when an emergency happens in your house is to call emergency services; if it is a crime, fire, or health condition, call 9-1-1. If it is another type of emergency, call ten-digit numbers that you should have written down in your plan.

In addition, try to limit your calls only for necessary messages and make them short so you can keep the lines free and everyone would be able to get some help.

- When you have reached some of the emergency services, you must notify them about your location, provide them with the most exact information possible, for example, exact street or civic address.
- After the call, follow your emergency plan unless services did not give you other instructions.
- Find the emergency kit.
- Before assisting any other person, make sure that you are safe and without any injuries.
- Try to listen to television, radio, or other sources of information from authorities and wait for instructions. If you get instructions, follow them.
- Be prepared to leave your house in case if you get an evacuation order.

HAVE AN EMERGENCY PLAN

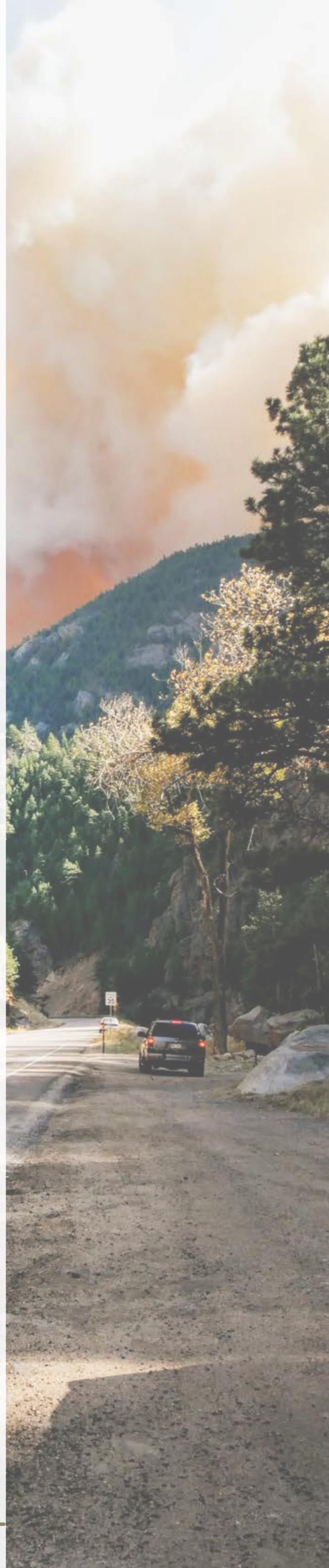
WHAT TO DO IN CASE OF EVACUATION

Upon hearing the evacuation order, you must take your wallet, identification documents for every member of a household, and your emergency kit. Also, do not forget about your phone and a charger to it; taking an additional battery can be a good idea. After you leave the house using a route specified by authorities or wait for transport if you were told to do so.

If the situation allows, take time to notify friends and family about the fact that you are leaving, tell them where you are going. Also, let them know when you get to a safe place.

If you have time, make a note at home about the situation and where you are heading. Do not forget to shut off water, gas, and electricity. In some cases, authorities may give explicit orders to do so.

When you get to an evacuation center, register yourself and wait for the instructions from responsible authorities.



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Step 3

Collect your Emergency Kit

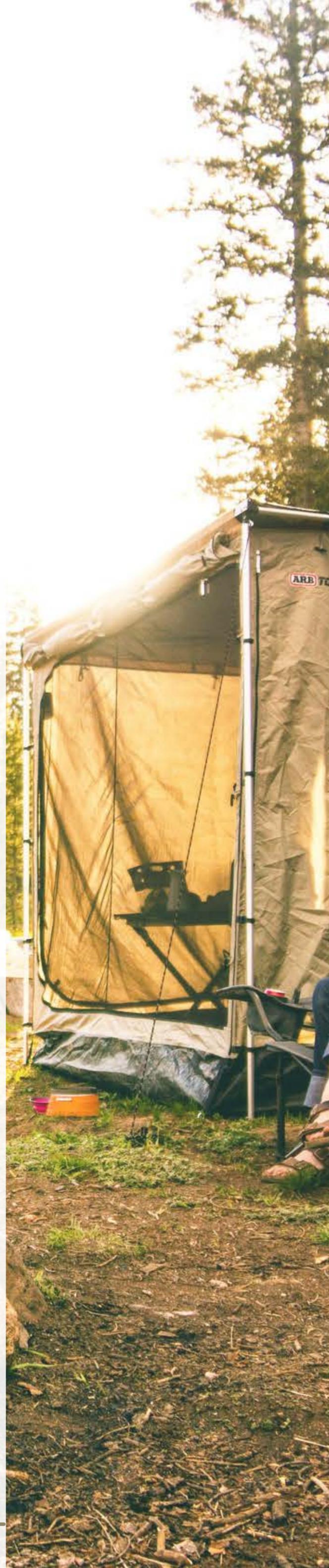
COLLECT YOUR EMERGENCY KIT

EMERGENCY KIT

Even if your emergency plan is genius, you and your family will not survive any disasters without at least basic supplies. Therefore to have an emergency kit is a task of vital importance. This kit must include supplies that do not demand tap water or power to be prepared and such kit should last as long as 72 hours.

The good thing about emergency kits is the fact that they are very easy to collect, some of the necessary items such as water, food, flashlight, batteries you might already have in your house. So, the most important issue is not to buy those things but to organize them properly, in a way that would allow you to find everything very fast.

Besides the organization of the kit, you also have to make sure that the kit is light and everyone can carry it conveniently. You have to keep the kit in a backpack or in a suitable bag that is convenient to carry, store it in a safe place close to the exit from the house. If your family is big, divide the kit among the family members for the sake of convenience.



COLLECT YOUR EMERGENCY KIT

PREPARE YOUR VEHICLE

If you own a vehicle, you can also keep a small kit in it. To this kit, you can include everything heavy like blankets, candles, additional shoes and clothing, and additional food. Also, it is recommended to keep in your vehicle such additional items as a fire extinguisher, road maps, antifreeze, and a tow rope.

SUPPLIES THAT YOUR CAR EMERGENCY KIT MUST HAVE

- First aid kit
- Fire extinguisher
- Multi-tool
- Car battery jump starter
- Fuel bottle
- Tactical shovel
- Portable solar charger
- Portable radio
- Tact bivvy blanket
- Food and water



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Emergency Plan Template

Use the following pages to create your plan

EMERGENCY PLAN TEMPLATE

Here is an example of an emergency plan for an American household; feel free to use it! In this part of a plan, identify safe places where you would meet with the family in case of an emergency.

- Safe meeting places in close proximity to home
- Safe meeting places located outside the neighborhood
- Evacuation routes to those places
- Children
- Designated person(s) and phone number
- School contacts

EMERGENCY PLAN TEMPLATE

- List of pet-friendly places
- Special health needs (medication)
- Emergency numbers (9-1-1)
- Non-emergency numbers
- Contacts of friends and family outside of your community
- Family doctors
- Insurance
- Home security information (location of valves and electrical panel)