

I'm A Prepper

A GUIDE TO PLANNING FOR LIFE'S DISMAL EVENTUALITIES



GLEANING
FOR THE WORLD



A Note from our President;

For twenty years, Gleaning For The World has responded to disasters here in the United States, and around the world. Our compassion and commitment to alleviating human suffering caused by catastrophic events, is at the heart of what we do.

With our extensive experience, we've learned that no one is immune from disasters. We've also learned there are steps we can all take to lessen the effects – even prevent tragedy in some circumstances. And most importantly, we can complete those steps now - before disaster strikes.

It is our goal that by sharing what we've learned, we can encourage you to develop emergency plans that will keep you and your loved ones safe.

From our Gleaning For The World family to yours -

Jeane Smiley-Mason
President | Gleaning For The World



STAGES OF A DISASTER

1. EVENT

is often chaotic, short, frenetic, and involves risk-taking

2. RECOVERY

is focused around planning, is longer than rescue, very often paced, and tends to not risk lives

3. CLEAN UP

is the longer-term (often years long process) of restoring the community to where it was before the disaster

Every time I go out to respond to disasters, I'm always faced with families who have lost everything. We're able to deliver some sense of comfort through basic supplies, but, the one thing I hear time after time is, "I never thought it could happen to me."

Roy St. John
Gleaning Disaster Response Coordinator

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DISASTER PREPARATION

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BE INFORMED

HANDY INFORMATION TO STAY SAFE

The ability to get information during and after a disaster is critical to survival. The following section identifies ways you can stay connected to key information for your area, as well as with family and friends. Everyone knows that knowledge is power - and - when disaster strikes, it could mean the difference between life and death.

-  Identify how local authorities will notify you during a disaster and how you can receive information in emergency situations. These alerts can come via television, radio, phone call, or even through some apps. You should have all of these resources readily available to receive instructions in the event of an emergency.
-  Know the differences between weather alerts such as watches and warnings and which actions should be taken in each scenario.
-  Be aware of risks in all areas you frequent (home, work and vacation). Have a plan to deal with potential risks in these areas (weather, health and conflict).
-  In your household, you should have a list of all important emergency contacts. This list should be readily available to all family members.
-  When an emergency occurs you may need to shut off gas, electric, and water to prevent further damage to your home or to reduce risk. Know where the main shut off locations are for each of these utilities and be prepared to shut each one off manually if required to do so.
-  If you have pets, be sure to include them in your planning. Have enough food, water and necessary medications to last for several days. Pack leashes and collars if needed. Consider having familiar toys, these will ease your pets' adjustment.

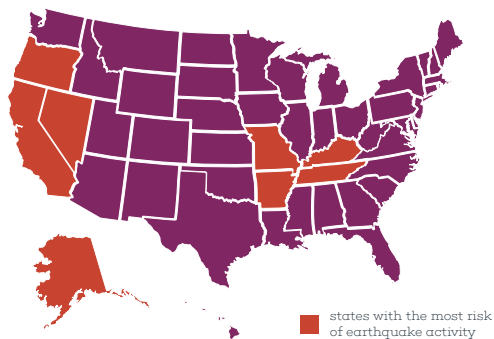


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EARTHQUAKE

The sudden, rapid shaking of the earth, caused by the breaking and shifting of subterranean rock as it releases strain that has accumulated over a long time. All 50 states and five U.S. territories are at some risk for earthquakes and they can occur at any time of the year. Earthquakes are impossible to predict so it is vital to prepare ahead of time. Most importantly: Drop, Cover and Hold On.



■ states with the most risk of earthquake activity



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- If your area experiences frequent earthquakes, be sure to fasten shelves to walls and secure large and heavy objects which could harm you if they were to fall on you.
- Store breakable items inside lower level cabinets.
- Install flexible pipe fittings to avoid gas or water leaks.
- Be sure all electrical wiring and gas connections are secure and not broken.
- Secure heavy objects such as water heaters, refrigerators, furnaces, and other appliances by strapping them to walls.
- Be sure the foundation is secure.
- Hold earthquake drills with the family so everyone knows what to do.

DURING

- Drop to the floor if indoors.
- Find cover under a table, desk, etc. to protect yourself from falling debris or broken glass.
- Stay away from windows, doors, etc. if inside.
- Stay away from buildings, utility wires, or trees if outside.
- Do not use elevators.

AFTER

- Ensure the earthquake has stopped, then exit the building.
- Expect aftershocks.
- Help trapped/injured persons or notify emergency responders.
- Listen to battery operated radio or televisions for emergency instructions.
- Use the telephone only for emergency calls.
- Stay away from damaged structures.
- Look for small fires and extinguish them. Fires are the most common hazard following an earthquake.
- Open cabinets cautiously, objects may fall or have been broken.
- Clean up spilled liquids immediately.
- Inspect chimneys, utilities, and the home for structural damage.
- Be aware of gas leaks and downed power lines.



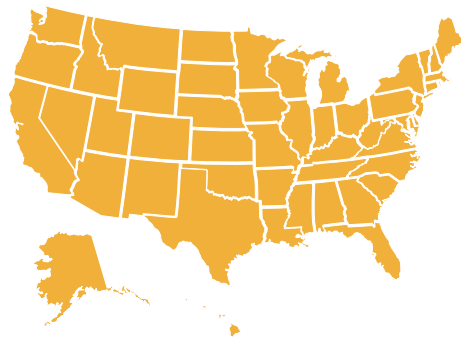
CLEANING TIP: We are all accustomed to fire drills. Consider prepping your home and work with earthquake drills.

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FIRES

Fires often begin unnoticed. They are typically triggered by lightning or carelessness. They can spread quickly, igniting homes, trees, and other plant life. More and more people are making their homes in woodland settings. This presents a significant danger of wildfires.



WAYS YOU CAN BE SAFE

BEFORE

- Teach the entire family fire safety: the stop, drop, and roll technique, how to operate fire extinguishers, and other fire safety procedures.
- Regularly clean roof and gutters.
- Keep flammable items away from the home exterior.
- Invest in a large fire extinguisher for outside the home.**
- Know and plan an evacuation route.
- Know and plan an alternate evacuation route - wildfires have been known to cause pavement to ignite.
- Obey evacuation orders from government officials and emergency personnel quickly.
- Make preparations for outside animals.
- Have a pre-determined location to evacuate to, should the need arise.

DURING

- Hose down perimeter to keep fire from spreading. Do not allow brush to get dry.
- Contact the local fire department.
- Evacuate the area as soon as possible if notified by government officials to do so, or if you believe danger is imminent.
- Do not wait until the last minute.
- If safe to do so, check on neighbors to see if they need assistance.
- If your house catches fire, evacuate immediately. Do not re-enter the structure.

AFTER

- Only return home when authorities say it is safe.
- Inspect any damage done to property.
- Inform insurance of damage if necessary.



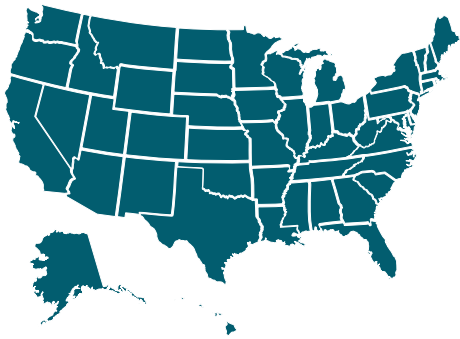
CLEANING TIP: Many wildfires are caused by carelessness during camping. If camping, please smother your fires and rake through the coals to ensure the fires are completely extinguished. Do not throw lit cigarettes onto the dry ground.

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FLOOD

One of the most common hazards in the United States — floods can occur within a few minutes or hours of excessive rainfall or a dam or levee failure. Flash floods often have a dangerous wall of roaring water which carries rocks, mud, and other debris. It can also occur when rainfall or snowmelt exceeds the capacity of underground pipes or streets and drains designed to carry flood water away. Even very small streams, creeks, dry streambeds or low-lying ground that appear harmless can still flood.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Have sand bags ready.
- Be aware of bodies of water, creeks and streams in your area which are at risk of flooding.
- Elevate the furnace, water heater, and electric panel in your home.
- Secure food and supplies in elevated spaces where flood water can't ruin them.
- Have batteries on hand for flashlights and radios - power may go out if your home floods.
- Have waterproof matches and candles available as a source of light and heat.
- Make preparations and decisions regarding outside animals and livestock.

DURING

- Listen to radio or television for information.
- Turn off water, electricity and propane.
- Secure your home.
- Move essential items to an upper floor.
- Move to higher ground.
- Do not walk or drive through moving water.
- Do not drive in flooded areas.
- Do not camp or park your vehicle along bodies of water.

AFTER

- Avoid moving water.
- Stay away from damaged areas.
- Watch for downed power lines.
- Return home only when authorities indicate it is safe.
- Be aware that roads may have weakened or could collapse.
- Check news sources for "boil water" advisories.



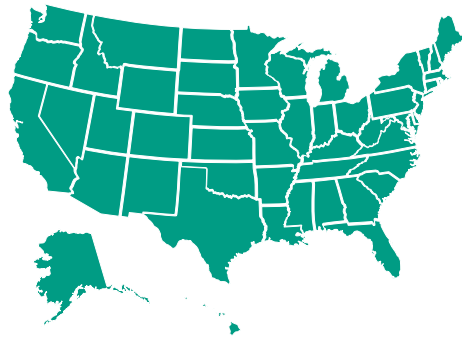
CLEANING TIP: Check local news sources often. We've seen reports of contaminated water sources miles away from flood sites. Boiling water helps to reduce contaminants - making water safer to consume.

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HAZ-MAT

Any materials that are flammable, corrosive, an oxidizing agent, explosive, toxic, poisonous, radioactive, nuclear, unduly magnetic, a chemical agent, biological research material, compressed gas, or any other material that, because of its quantity, properties, or packaging, may endanger life or property. They are most often released as a result of transportation accidents or because of chemical accidents in plants. As many as 500,000 products pose physical or health hazards and can be defined as hazardous chemicals.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Determine evacuation routes.
- Determine if your community has a warning system.
- Know of businesses in your area that could potentially have a haz-mat emergency.

DURING

- Listen to radio/television for updates.
- Stay away from the area to minimize contamination.
- Stay upstream, uphill, and upwind.
- Seek shelter immediately.
- Bring other people and pets indoors if they require shelter.
- Keep windows and doors closed; seal with duct tape if possible.
- Put towels in gaps / thresholds to prevent seepage.
- Evacuate if necessary.
- Protect people and pets.
- Confine contamination if possible.

AFTER

- Seek medical attention if necessary.
- Dispose of exposed/contaminated materials safely and quickly.
- Do not return home or to the area until authorities say to do so.
- Listen to radio/television for updates.



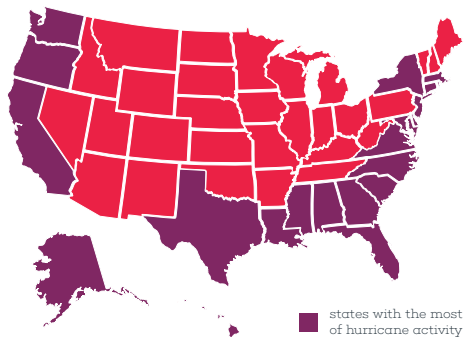
CLEANING TIP: In many instances, such as the 2014, West Virginia Chemical Spill, foul tastes to tap water and bad odors can be an early indicator of potential chemical contaminations. Be aware of odd smells and tastes to tap water. Hazmat contaminations often will contaminate water sources miles away. Odd smells and taste can be an indicator of hazmat contaminations.

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HURRICANE

A type of tropical cyclone or severe tropical storm that forms in the southern Atlantic Ocean, Caribbean Sea, Gulf of Mexico, and in the eastern Pacific Ocean. The Atlantic hurricane season lasts from June to November while the Eastern Pacific season begins May 15 and ends November 30. Hurricanes can produce winds exceeding 195 miles per hour in addition to tornadoes and wind gusts. Excessive flooding is likely to occur as a result of extended rainfall.



■ states with the most risk
of hurricane activity



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Ensure you have a readily available supply of water.
- Know your surroundings.
- Identify levees and dams in your area that present a hazard.
- Secure your property.
- Reinforce doors and windows if possible.
- Plan to bring in all outdoor items not tied down.
- Consider building a safe room.
- Plan an evacuation route - Note that most coastal areas rely on bridges and backroads that can washout with flooding.
- Obey evacuation requests from government officials, early.
- Make preparations and decisions regarding outside animals and livestock.

DURING

- Evacuate early. Many areas do not have adequate roadways to evacuate the masses.
- Listen to TV or radio for instructions.
- Turn off propane tanks.
- Avoid using the phone.

AFTER

- Continue listening to radio/television for updates.
- Stay alert for extended rainfall leading to flooding.
- If you have evacuated, only return when authorities say it is safe.
- Keep away from power lines or damaged structures.
- Inspect your home for damage.
- Avoid drinking tap water until you are sure it is not contaminated.
- Use the telephone for emergency calls only.
- Notify insurance company of damage from the storm.



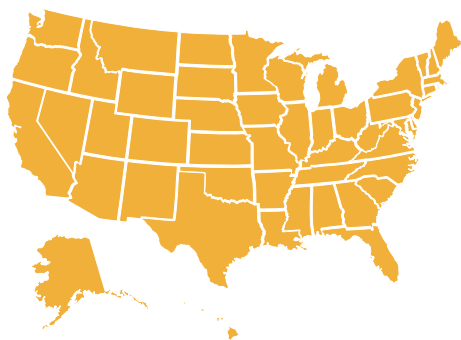
CLEANING TIP: If you anticipate an evacuation - leave early. Evacuation routes become congested quickly and hotels within driving distance book up fast. We suggest making reservations with a hotel chain you have a rewards membership with - you'll be able to book faster and get points!

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OUTBREAK

With contact between people becoming more and more frequent, diseases spread more rapidly than ever before. It's always best to keep your hands clean and to avoid contact with those that you believe to be sick. Children and the elderly are at the greatest risk of contracting diseases year-round. Common viruses like the flu and resurging ones like the enterovirus can multiply through our population quickly - it's best to know the signs and take steps to stay healthy once you know which viruses are spreading.



WAYS YOU CAN BE SAFE

BEFORE

- Teach the family about disease prevention.
- Keep hands and surfaces clean.
- Take proactive steps - like getting a flu and pneumonia shot and taking vitamins.
- Keep in-date over the counter cold medication on hand.
- Check with a pharmacist about over the counter medications before buying to ensure that they won't affect your prescriptions.
- Keep up-to-date on diseases and health crises, especially if you plan to travel.

DURING

- Stay hydrated.
- Monitor your temperature.
- Keep contact with others at a minimum while contagious.
- Make an appointment with your doctor.
- Keep family informed of your condition.
- Wash your hands and surfaces you touch frequently.
- Keep the phone nearby.
- Take all medications your doctor prescribes, as directed.
- If you feel you need to visit the hospital - do so immediately.

AFTER

- Clean your home thoroughly.
- Use a household disinfectant spray or wipes to clean surfaces.
- Keep up with medication regimens you've been placed on by your doctor - even if you're already feeling better.
- Throw away your toothbrush.



CLEANING TIP: Urban centers and resort areas - including theme parks - are breeding grounds for disease causing bacteria. We suggest being armed with anti-bacterial gel and washing your hands frequently. Also, remember to get your flu and pneumonia vaccinations annually.

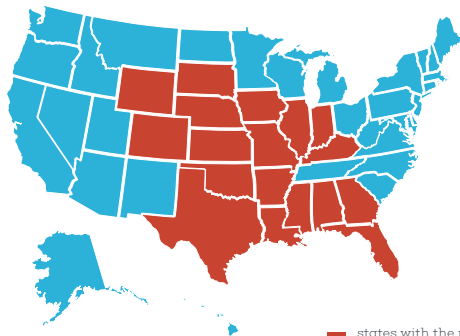
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TORNADO

Tornadoes strike other places than just the plains states and tornado alley. Any severe thunderstorm may produce tornadic activity. Oftentimes, people with no early detection systems or early warning sirens find out once it's too late. When a severe storm is issued in your area - heed the warnings and keep safe indoors. Do you know where in your house you can seek shelter?



■ states with the most risk
of tornadic activity



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Listen to radio and television for weather updates.
- Be alert to changing weather conditions and look for approaching storms without putting yourself in harms way.
- Have a shelter in place ready to occupy during the storm.
- Know the danger signs:** dark or greenish sky, large hail, large dark and low-lying clouds, rotating clouds, loud roars.

DURING

- Stay away from doorways/windows.
- Put on sturdy shoes.
- Go to the lowest level of the building, preferably a basement or storm shelter.
- Watch out for flying debris.
- Never try to outrun a tornado, you are safer indoors in most situations.
- If outdoors, take cover in a ditch. Avoid bridges and other structures that could collapse.
- Leave your vehicle to seek shelter.

AFTER

- Continue listening to radio/television for updates.
- Use caution when entering any building or structure.
- Wear long clothes and sturdy shoes to avoid cuts or injuries.
- Be aware of hazards.
- Avoid downed power lines.
- Cooperate fully with public safety officials.
- Respond to requests for volunteer assistance.
- Notify insurance company if there is any damage to your home or property.



CLEANING TIP: If you do not have an underground shelter, we recommend reinforcing a closet (without windows) near the center of your home on the lowest level. We've heard survival stories of family members who have weathered the storm in a closet and lived to tell about it.

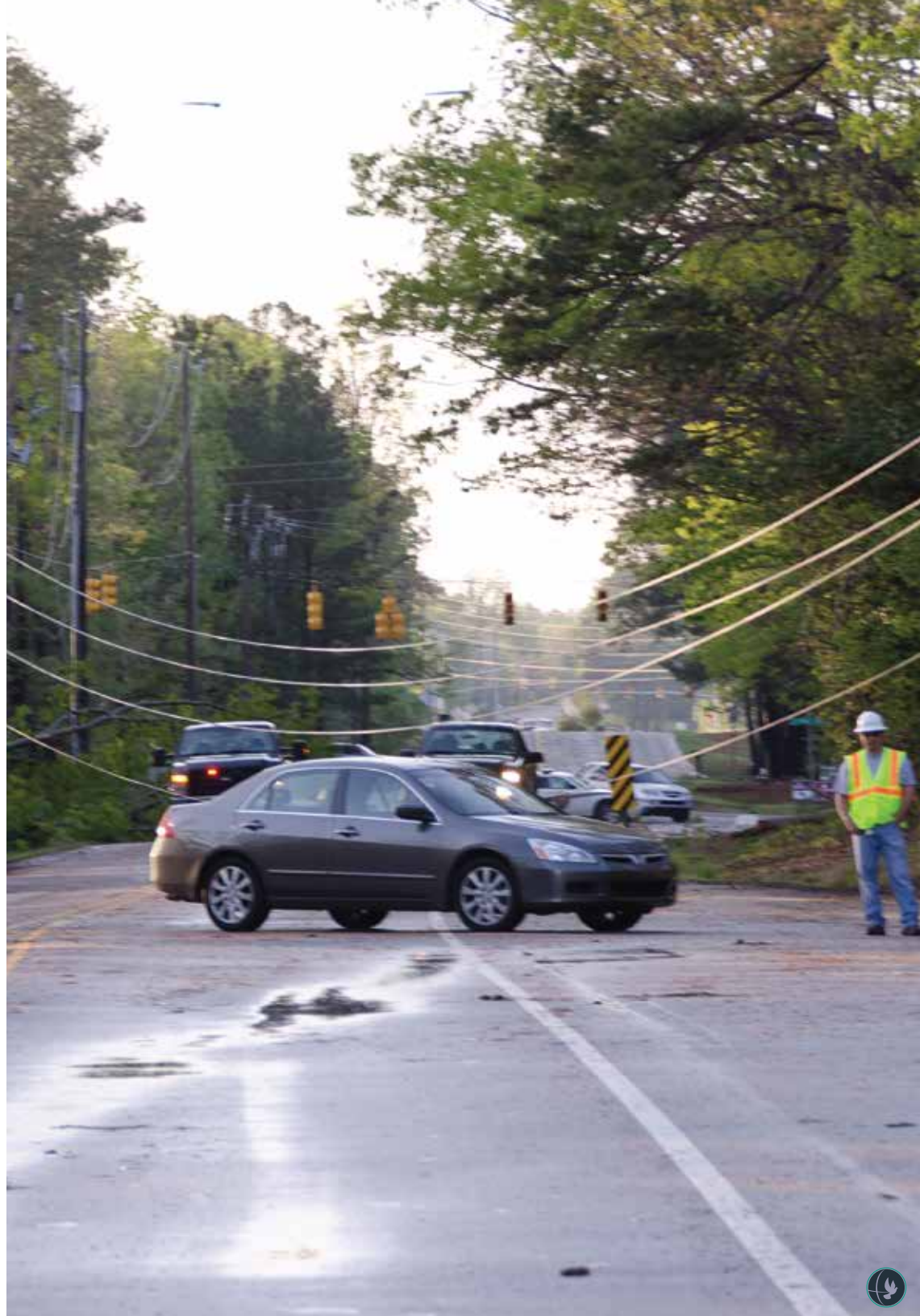
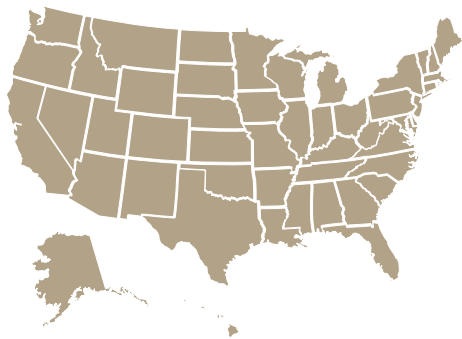
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POWER OUTAGE

Power outages can be frequent and unexpected. They can be caused by a variety of weather, storms, or even system failures. Many people today are dependent on electrical appliances and other technology which utilizes electricity. It is essential to have a plan of action for extended power outages so that normal life can be resumed.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communications plan.
- Have a radio or emergency cell phone available to receive information/contact utility providers about restoring service.
- Have flashlights, generators, and fuel prepared.
- Coolers to keep food cold longer.
- If you have an electric pump on your well, fill the tub with water before power goes out.
- Have a car charger for your phone.

DURING

- Continue listening to radio for updates to when power will be restored.
- Evacuate to an area with working electricity, if safe and accessible.
- Notify electric utility if the power is off, don't assume someone else will.
- Check electric utility website. Often companies post updates for estimated time for power restoration.
- Unplug electrical appliances to reduce risk of damaging appliances during surges when power is restored.
- Avoid opening refrigerator/freezer. Opening increases likelihood of food spoiling.

AFTER

- Assess the home for any damage caused by storms, fuses blown, or other reasons for power outages.
- Identify and avoid downed utility lines.
- Notify insurance company if there is damage.
- Check with friends, family and neighbors to make sure they are okay. Consider hosting if they don't have power.
- Check circuit breakers to make sure you haven't tripped any breakers.
- Properly dispose of food that may have spoiled. (err on the side of caution).



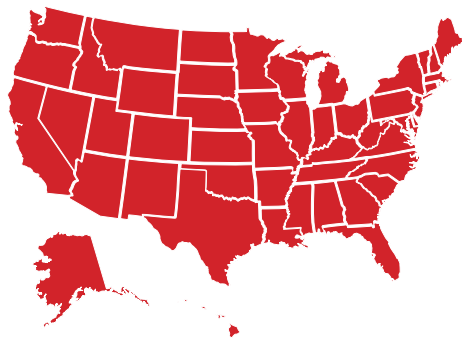
CLEANING TIP: Extended power outages quickly ruin food supplies both at home and in stores. It's best to keep a dry food supply - like cereal - on hand. Also, when a severe storm is announced, it's best to fill up your vehicle with gas then just in case you need to drive an extended distance.

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TERRORISM

Use of force or violence against persons or property in violation of the criminal laws of the U.S. for purposes of intimidation, coercion, or ransom. Acts of terrorism include: threats, assassinations, kidnappings, hijackings, bomb scares, bombings, cyber-attacks; use of chemical, biological, radiological, and nuclear weapons. High risk areas are military and civilian government facilities, international airports, large cities and high profile landmarks. Terrorists also might target large public gatherings, water/food supplies, and utilities/corporate centers.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Learn about the nature of terrorism.
- Take precautions when traveling.
- Be aware of your surroundings.
- Create an evacuation plan.
- Educate yourself about current threats and trends in global safety.
- Take government advisories seriously.
- If traveling to high-risk areas, consider insurance for kidnapping and terrorism. This can help pay for ransoms if taken prisoner.
- If you see suspicious behavior follow this general rule - if you see something; say something.

DURING

- Take cover immediately.
- Stay low to the floor/ground.
- Listen to local radio/televisions for updates.
- Evacuate if directed to do so.
- Follow all emergency personnel instructions as soon as they're ordered.
- Gather children, family members and pets to a central location.

AFTER

- Stay away from event area.
- Listen to local radio/television for updates.
- Notify friends/family of your condition.
- Use phone services sparingly.
- Continue to be aware of advisories and instructions from emergency personnel.
- Only return to the area when you are told it is safe to do so.
- Please be aware there are people willing to take advantage of chaos (financially, emotionally and scams).
- Be supportive of family members.



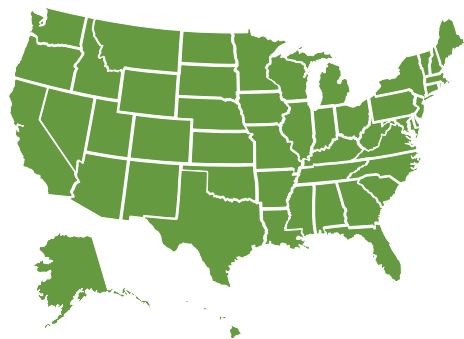
GLEANNING TIP: If you suspect you or a family member is having an unusual response to a tragedy after terrorism (or any crisis), please consider counseling.

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THUNDERSTORM

On average in the U.S., lightning kills 51 people and injures hundreds more every year. Most lightning victims survive, however people struck by it often have a variety of long-term, debilitating symptoms. Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Lightning can also reach the ground and start wildfires.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Secure outside objects which can blow away or cause damage.
- Have a flashlight or battery powered lantern handy in case of power loss.
- Make preparations for outside animals.
- Listen to local news and weather alerts.
- If planning outdoor or water activities, monitor long term weather forecasts for thunderstorms.
- Put appliances in surge protectors.

DURING

- 30/30 Lightning safety rule: Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.
- Get indoors.
- Stay away from windows / doors.
- Avoid electrical appliances.
- Do not use phones with corded lines.
- Avoid running water and contact with plumbing fixtures.
- If driving conditions are unsafe, safely exit the roadway, park, and turn on the emergency flashers until heavy rain ends.

AFTER

- Use the 30/30 safety rule to determine the storm has subsided.
- Assess any damage done by the storm and notify insurance if necessary.
- Call in any downed power lines or trees affecting phone or utility services.
- Inspect your property for tree limbs that may have weakened because of the storm.
- If a tree was struck by lightning, have it cut down by a professional. If left up, the tree will continue to weaken and if it falls, can damage property.



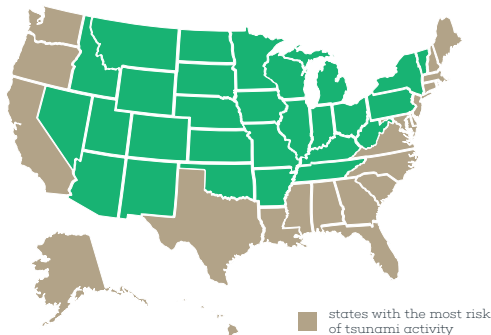
CLEANING TIP: If you can hear thunder, you are within ten miles of the storm and can be struck by lightning.
Go indoors.

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TSUNAMI

Tsunamis can originate hundreds or even thousands of miles away from coastal areas. Local geography may intensify the effect. They arrive as a series of successive crests (high water levels) and troughs (low water levels) which can strike anywhere from 5 to 90 minutes apart. They usually occur 10 to 45 minutes apart and the wave speed in the open ocean will average 450 miles per hour.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- If you live in a high risk area, pay attention to alerts. You may only have 15 minutes to evacuate.
- Know what items to bring indoors in case of a tsunami.
- Follow flood preparedness precautions.
- Know and plan an area to evacuate to within 10 minutes of your home.
- Find a place and stay put - coastal islands and peninsulas are relatively isolated - do not make attempts to escape to the mainland, those roads and bridges will be affected by the tsunami worse than the central areas.
- Evacuate to higher ground.

DURING

- Take shelter until tsunami subsides.
- Avoid power lines and stay away from buildings and bridges from which heavy objects may fall.
- Stay away from the beach.
- Remember, additional waves may follow.

AFTER

- Assess damage done to the home and property.
- Return home only when authorities say it is safe to do so.
- Open windows to dry your residence.
- Shovel out mud while it is still moist.
- Check on neighbors and family to see what help they might need.
- Watch for hazardous materials and gas leaks.
- Notify insurance company if there is damage.



CLEANING TIP: When in coastal areas (living or travelling to), stay alert to warnings, and have an evacuation plan that leads to higher ground. Tsunamis are especially prevalent in Pacific Rim. Earthquakes in this region can trigger tsunamis with little warning.

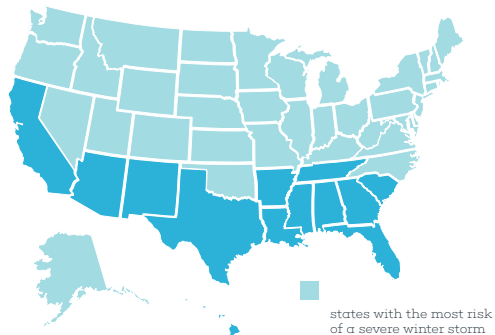
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WINTER STORM

A severe winter storm is a storm that drops four or more inches of snow during a 12 hour period or six or more inches during a 24 hour period. 70% of winter deaths related to snow and ice occur in automobiles. All winter storms are accompanied by low temperatures and blowing snow which can severely reduce visibility. Most snowstorms occur in the northern U.S. but they can happen anywhere.



WAYS YOU CAN BE SAFE

BEFORE

- Build an emergency kit and make a family communication plan.
- Insulate walls, attic and basement. Caulk and weather strip doors and windows.
- Install storm windows or cover windows with plastic from the inside. Insulate pipes to protect from freezing.
- Pre-position supplies near to home (generator, snow shovel, ice melt).
- Make arrangements for prescription refills, health regimen and OTC's, early.
- Have batteries and candles available, including matches or lighter. Do not leave fire unattended.
- Have fireplaces and chimneys inspected annually.
- Plan for food needs early - grocery stores will be packed and supplies low.
- Be informed about symptoms of hypothermia and frostbite.

DURING

- Stay indoors and dress in warm layers.
- Cover your mouth when outdoors to protect your lungs from extremely cold air.
- Travel with caution - roads that look clear might not be as clear as they look. Beware of black ice and reduced visibility.
- Conserve fuel – use generators only as needed. **Only use outdoors.**
- Listen to local radio or television for updates.
- Avoid overexertion (e.g. shoveling snow). Sweat lowers body temperature and can increase hypothermia risk.
- Look out for symptoms of frostbite and hypothermia.
- Check on family and friends.
- Do not leave fire unattended.

AFTER

- Notify friends/family of your situation and status.
- Monitor local radio and television stations for updates.
- Help neighbors who may require special assistance.
- Store leftover supplies in a safe, dry place for use in the next winter storm.
- Replenish exhausted supplies.
- Beware of black ice.
- Notify insurance if necessary.



CLEANING TIP: Have a charcoal or propane grill to prepare food in case of power failure. Do not use indoors. Carbon monoxide, as well as risk of fire, are life-ending hazards. Do not use the stove for heat.

“There are things we know we know. We also know there are known unknowns; that is to say we know there are some things we do not know. But there are also unknown unknowns - the ones we don't know we don't know. And if one looks throughout the history of our country and other free countries, it is the latter category that tend to be the difficult ones.”

**-DONALD RUMSFELD
FORMER SECRETARY OF DEFENSE**


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FAMILY, FINANCIAL & MEDICAL SAFETY




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PLANNING

 Through Pre-Disaster Planning risk can be greatly reduced. Planning involves purposeful preparation and training to be prepared for any type of disaster. Furthermore, preparation helps emergency responders quickly assist any individuals in danger.

 It is important to plan for emergencies prior to their onset. Planning is typically ineffective or impossible if not done beforehand. You should meet with your family to discuss several important emergency plan topics. First, you should identify what types of emergencies or disasters are most likely to occur in your area. After determining what scenarios are most likely to occur, your family will be able to identify how to effectively prepare.

 A single contact should be selected for the entire family in case of an emergency or if members of the family are separated for an extended period of time. Having a single contact limits the amount of confusion and allows all members of the family to hear necessary information from a single contact who provides the same information to all family members.

A BIT OF PRACTICAL PLANNING

Prepare your family with an emergency plan.

Designate a location in your household to convene in case of an emergency which does not warrant evacuation.

- Disasters such as tornadoes may not require evacuation if your home has the proper accommodations for the emergency. You should examine your home to determine what types of disasters and emergencies you are already somewhat prepared for.

Designate a location away from the household where the family will meet if evacuation is required.

- You should determine the route to get to the location as well as alternate routes in case the primary route is inaccessible.

Determine shelters for all types of situations. The shelter may change depending on the threat or emergency because certain shelters are more suited for specific circumstances.

Let relatives and close friends know where you intend to go in case of an emergency.

Have a plan to protect and care for your pets.

Plan to protect your property.

- Have all important and necessary documents stored and readily available in case of an emergency such as: licenses, birth certificates, passports, titles, insurance papers, etc.

Place a duplicate copy of any important paperwork off site.

- A natural disaster won't always give you time to get to your important paperwork and documents. We suggest securing a safety deposit box at your bank - those are meant to withstand very strong storms and are a secure location you can trust. Copies of your information will be necessary when seeking financial help to re-build or to identify yourself and family.

Keep your information in a tabbed 3-ring binder

- Keeping your information organized in a 3-ring binder will help you or a loved one be able to quickly find what information they need. We suggest placing the original documents in a safety deposit box at a bank, and keeping copies in your home.

Keep digital copies of all your important paperwork on a thumbdrive and store with your 3-ring binder.

The main topics which should be discussed in family preparedness planning are:

- How will you get to a safe place?
- How will you contact each other?
- How will you get back together if separated?
- How will you react differently in different situations?
- How will you communicate with each other, friends, family, neighbors and emergency officers if cell phone service and home phone lines are not functional?

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PREPARATION

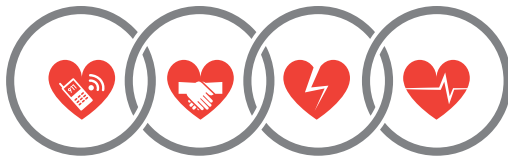
FINANCES • MEDICAL • PETS • FAMILY

FIRST AID KIT

The First Aid Kit is a staple of the home. In the event of an emergency it can prove important and can help keep an infection from happening, or worse, spreading.

We've provided a list of suggested items for a First Aid Kit for your home. Feel free to supplement with items you feel fit your family's needs best.

THE SURVIVAL CHAIN



EARLY ACCESS

EARLY CPR

EARLY DEFIBRILLATION

EARLY ADVANCED CARE



FIRST-AID CHECKLIST

EMERGENCY PREPARATION KIT

- **Non-perishable food items**
(at least a week-long supply for all individuals in the household)
- Towels
- **Clean linens:** blankets, pillows, etc.
- **First aid kit** *(one for the home and one for the car)*
- Batteries
- Tape
- Rain ponchos
- LED Flashlight
- NOAA weather radio
- Emergency survival blanket
- Water *(3 gallons per person per day)*
- Multi-tool
- Personal hygiene items
- Medications *(10 day supply)*
- Cash *(minimum of \$100 per person per day)*
- Emergency cell phone with charger
- Local maps
- Manual can opener
- Sleeping bags
- Fire extinguisher
- Matches in a waterproof container
- Dust masks
- Whistle to signal for help
- Paper cups and plates
- Plastic Utensils
- Paper towels
- Tube tent
- Compass
- Aluminum foil
- Signal flare
- Insect Repellent
- Work gloves
- Thermal underwear
- One change of clothes for each household member
- Sturdy shoes/work boots
- Paper and pencil
- Books, games, puzzles, & other items for children
- Basic tools *(hammer, wrench, pliers, etc. to turn off utilities/secure shelter)*
- Extra sets of keys to the home, car, and any other property/locations
- Copies of all important documents or electronic copy stored in a fire box for convenient transportation

FIRST AID KIT

- **Sterile adhesive bandages in assorted sizes:**
 - 3-inch sterile gauze pads
 - 2-inch sterile gauze pads
 - Hypoallergenic adhesive tape
 - Triangular bandages
 - 2 & 3 inch sterile roller bandages
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Bars of soap
- Moistened towelettes (8-10 packages)
- Antiseptic spray
- Non-breakable thermometer
- Tongue blades and wooden applicator sticks
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent
- At least one pair of surgical gloves
- Ace Bandages
- Pain Reliever
- Allergy Medication
- Antibiotic cream
- Eye Patch
- **Special supplies for babies:**
 - Formula
 - Diapers
 - Bottles
 - Powdered Milk
 - Medications
 - Blankets
- **Special supplies for adults/seniors**
 - Insulin
 - Denture needs
 - Extra eye glasses
 - Cane or walkers
 - Adult Diapers

PREPARATION

FINANCES • MEDICAL • PETS • FAMILY

CPR

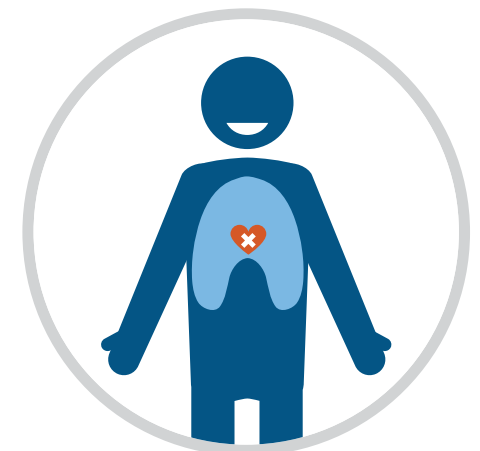
Your breathing and heartbeat can stop for a number of reasons, from heart attack to blood infections to accidents. However, death does not have to be the outcome. Cardiopulmonary resuscitation, known as CPR, was developed to help increase your chances of survival.

CPR done within five minutes of a person's collapse combined with professional care can increase survival rates by as much as 50 percent. It can also "buy time" while waiting for paramedics to arrive.

CPR FIRST AID PROCEDURE



CALL FOR HELP



POSITION HANDS
AT THE CENTER OF THE CHEST



TILT HEAD, LIFT CHIN, CHECK BREATHING



**GIVE TWO BREATHS
CONTINUE 30 PUMPS/2 BREATHS**



**PUSH DOWN 30 TIMES (100 TIMES/MIN)
COMPRESS 2 IN (4-5 CM)**



SECURITY POSITION

PREPARATION

FINANCES • MEDICAL • PETS • FAMILY

FIRE ESCAPE

In less than 30 seconds, a small flame can get completely out of control and turn into a major fire. It only takes minutes for thick black smoke to fill a house. In minutes, a house can be engulfed in flames. If you wake up to a fire, you won't have time to grab valuables because fire spreads too quickly and the smoke is too thick. There is only time to escape

Fire starts bright, but quickly produces black smoke and complete darkness. If you wake up to a fire you may be blinded, disoriented and unable to find your way around the home you've lived in for years.

STOP, DROP & ROLL

Each year more than 15,000 people are seriously burned when their clothes catch on fire. In more than half of the incidents, flammable liquids or vapors were present on or around the person's clothing. But it can happen in many ways. A person's loose sleeve may catch fire on a hot stove. Someone may be working with gasoline or other flammable liquid and then light a cigarette. They might spray lighter fluid on a smoldering barbecue fire and the resulting flames could catch their clothes on fire. When a person's clothing catches on fire, action must be instinctive and immediate. There is no time to think.

THE ONE THING YOU SHOULD NEVER DO IS RUN.

To minimize a burn injury when your clothes catch fire, STOP, DROP and ROLL. Burns are among the most painful of injuries and the third leading cause of unintentional death in the United States. The hands, groin, face and lungs are at particular risk because they are delicate structures and easily injured. The healing process is slow and painful, resulting in enormous personal suffering.



STOP



DROP



ROLL YOUR BODY
TO SMOTHER THE FIRE

GET OUT QUICK!

These diagrams illustrate ways you can survive a fire in your home, school or work. It's best to respond quickly and react calmly.

A fire's heat alone can kill. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs. This heat can melt clothes to your skin. In five minutes a room can get so hot that everything in it ignites, at once: this is called flashover.

Fire uses up the oxygen you need and produces smoke and poisonous gases that kill. Breathing even small amounts of smoke and toxic gases can make you drowsy, disoriented and short of breath. The odorless, colorless fumes can lull you into a deep sleep before the flames reach your door. You may not wake up in time to escape.



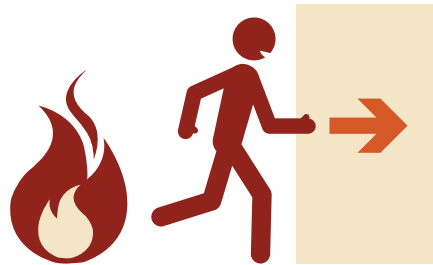
NOTIFY FIRE BRIGADE



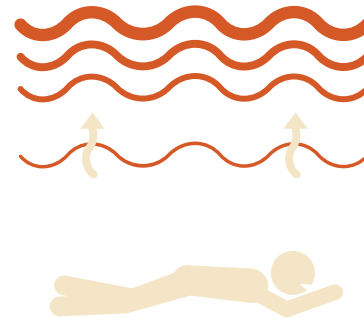
**EXTINGUISH FIRE
IF IT IS SAFE TO DO SO**



CLOSE DOORS AND WINDOWS



LEAVE FIRE AREA



STAY LOW AS GASES RISE



DO NOT GO BACK TO THE BUILDING

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FINANCIAL

An **EFPK** (*Emergency Financial Preparation Kit*) is a prepared set of important documents which are necessary in order to protect one's personal finances and property in the event of an emergency which threatens an individual's or a family's financial security. There are five main steps to preparing an **EFPK**:

- Complete all sections of the **EFPK**:
- Review all the supporting documentation for accuracy and to be sure the document is still in effect. If you store financial records on your computer, have a backup file on a separate disc and remember to update that disc when any vital information changes.
- Once all of your documents are in order, make a copy of your completed **EFPK**:
- Keep your **EFPK** in a safe place.

You may keep your copy on an electronic format, at an out-of-state relative's home, in a safety deposit box, or anywhere else which you deem safe to store all said documents.

- Update your kit whenever your documents change. At a minimum, review and update the **EFPK** once a year.

Having an up-to-date **EFPK** will assist in any type of financial emergency because all relevant documents will be readily accessible.





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INSURANCE

Many types of insurance policies exist through a variety of providers. However, it is your responsibility to choose which policies work best for you and your family. Certain types of disasters do not affect all areas of the United States. Therefore, you are able to tailor your insurance to your family's specific needs based on your area. **It is important to have insurance to cover all major risks that are presented to you and your family.** Even some types of insurance which may seem unlikely to be needed may prove to be useful down the road. Consider the options which are available to you and plan accordingly. Be wary that some types of insurance policies are not entirely inclusive. For example, most homeowner's insurance policies do not cover flooding, so flood insurance is offered as a separate form of coverage.

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END OF LIFE

It is important to discuss one's end-of-life wishes while one is still healthy and able to do so. This not only provides you with a sense of assurance but also helps those close to you make the right choices when the time comes. In a way, this provides comfort to both you and your loved ones knowing your wishes will be carried out.

Possibly the most overlooked pre-disaster planning, is funeral planning. The mere thought of losing a family member can be more than we are willing to talk about, much less plan for. If you are head of a household, single-parent, caretaker, or simply concerned in the event something disastrous and unexpected could happen to you, consider contacting your local funeral home to discuss what arrangements can be made now. A funeral director will be able to walk you through the necessary steps which could bring a sense of peace knowing these difficult decisions have been made.

ADVANCE DIRECTIVE

An advance directive is a written document which instructs others on the type of care they wish to receive if they are seriously ill or dying. Topics in the advance directive include:

- ⚡ *Decisions about life-prolonging medical care*
- ⚡ *Under what circumstances the loved ones may "pull the plug"*

LIVING WILL

A Living will records a person's end-of-life care wishes in case they are no longer able to speak for themselves. In addition to the living will, a person often names a representative to make decisions for them which are not covered in the will. This person could be a family member, friend, lawyer or someone in your religious community. This document often contains:

- ⚡ *Burial Plans*
- ⚡ *Pre-purchased items: Burial Sites, funeral services, caskets, headstones, etc*
- ⚡ *Bequests of belongings, property, and finances*





GLEANNING

FOR THE WORLD

The Mission of Gleaning

To share the love of God at home and around the world through the efficient delivery of high quality, life-saving supplies to victims of poverty and devastation by connecting corporate surplus to critical needs.

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