



Preparedness

Disaster Essentials



Why Prepare?

Reduce the impact of the disaster

Reduce the panic factor

Decrease the dependency on federal, state, and local government agencies.

Increase self reliance



Step 1: Evaluate the potential threats?

Natural
vs.
Man Made
Disasters



Step 2: Make a plan

1. Where will you meet?
2. What are your exit routes?
3. Where will you evacuate to?
4. Who is in your support network?
5. Do you have a list of important numbers?





Step 2: Make a Plan Continued:

Have you planned for everybody's needs?

Does everyone have a copy of the plan?

Have you practiced your plan?

Do you have the appropriate amount of food, water, and supplies for an event?





Step 2: Make a Plan Continued:

Do you have the appropriate insurance coverage or have you recently reviewed your current insurance policy?

How will you stay informed during a crisis or disaster?

Do you have cash?

Evaluate your current financial state.



Step 3: Focus on Essentials: Home

Water - Min 1 gallon per person per day

Food - Buy ingredients not meals

Medical

Clothing

Lighting

Safety

Cash

Important Papers (Passport, Visa, Insurance, Wills, etc)

Tools

Maps

Communication



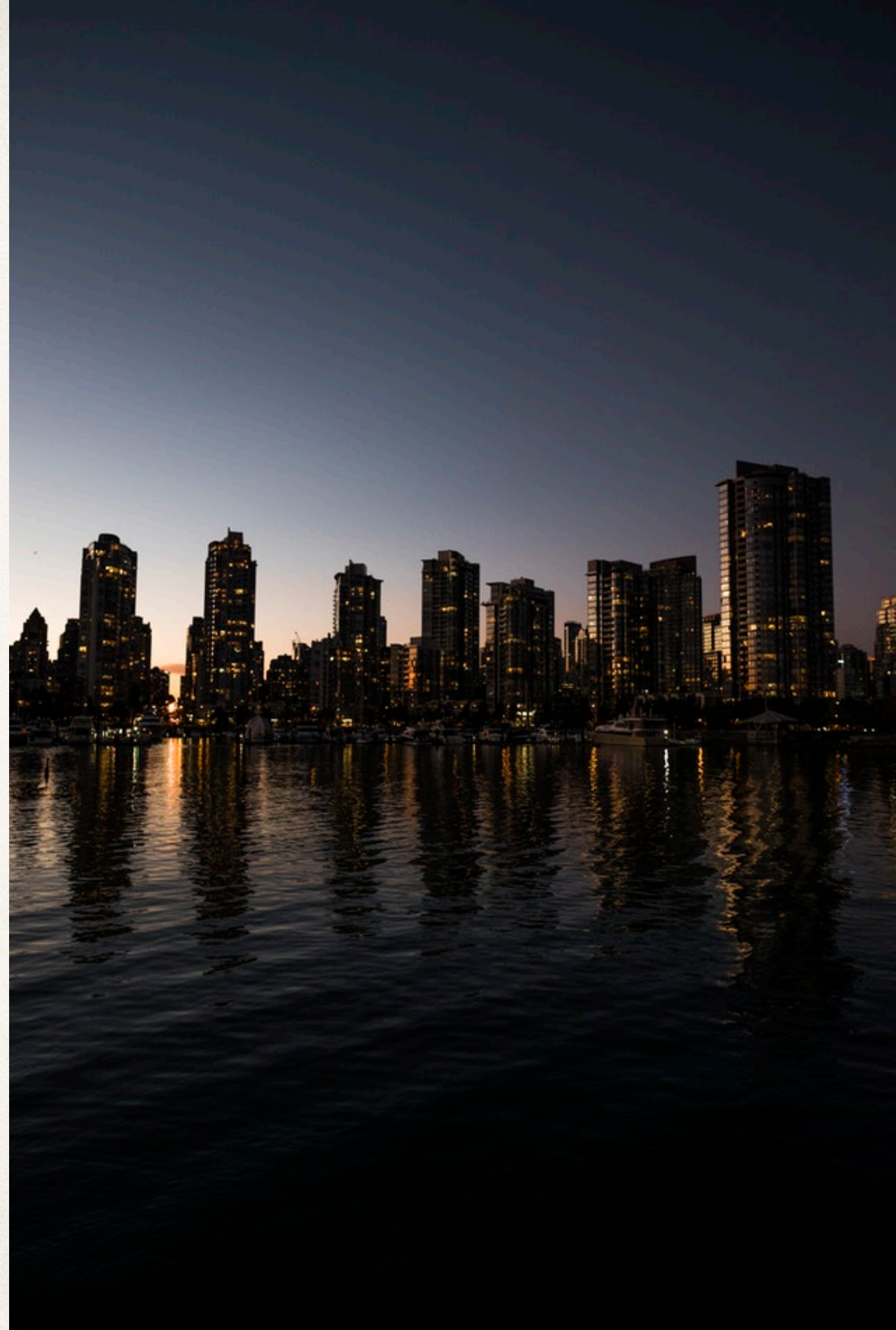
Step 3: Focus on Essentials: Vehicle

- Water
- Food - power bars, oatmeal packs, dried fruits nuts
- First Aid
- Clothing
- Lighting
- Tools
 - Fix a flat
 - Jack,
 - Tire-iron
 - Oil, Anti- freeze, etc.
 - Hose Clamps
 - Zip Ties
 - Fuses
- Maps
- Communication
- Safety
 - Flares
 - Reflectors
 - Fire Extinguisher
 - Glass breaker



Step 3: Focus on Essentials: Work

- Water
- Food - power bars, oatmeal packs, dried fruits nuts
- First Aid Kit
- Hygiene Kit
- Clothing
 - Walking shoes
 - Spare set of clothing
- Lighting
- Maps
- Communication
- Safety
 - What is your plan? Stay or Go
 - Evacuation Routes



Step 3: Focus on Essentials: E-Bag

Emergency Bag

Water
First Aid
Fire
Clothing
Food
Tools
Light
Shelter
Communication
Signaling
Protective Equipment
Navigation
Important papers



Step 4: Put the plan into action

Prepare in phases:

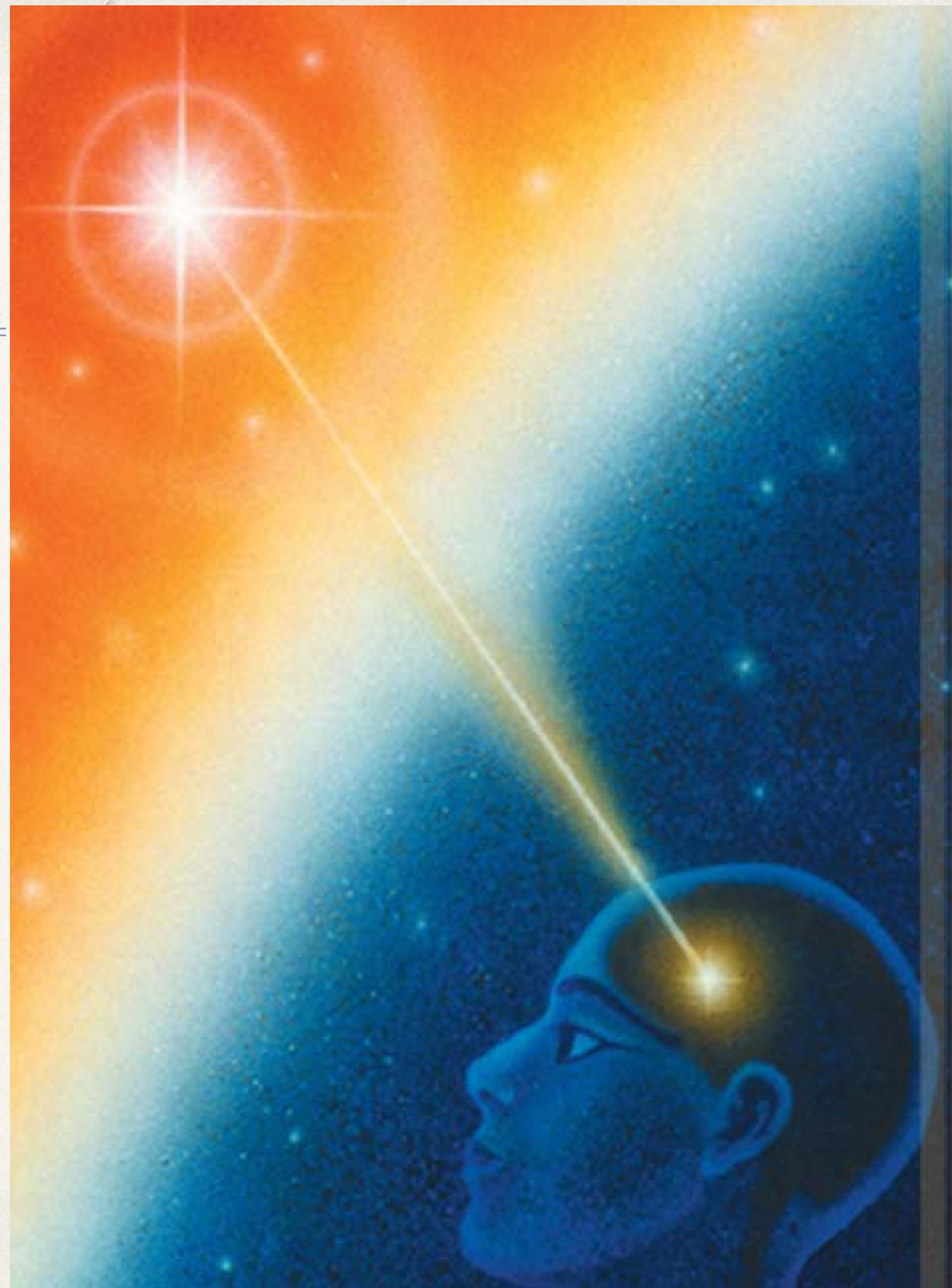
3 days, 3 weeks, 3 months

Start small and gather the critical elements.

Create a designated area to store items.

Training

Health/Exercise



3 Day, 3 WK, 3 Month Preparedness Guide

**Assume you have no electricity, no water, and no transportation.*

- Do you have a plan? Does everyone in the family know the plan?
- Do you have 3 (days, week, month) of Murlis?
- Do you have enough water for everyone? (1-gallon x 3 days x how many people Ex: For a Family of four 1gl x 3 days x 4 person= 12 gallons of water just for drinking. Reminder 1 gallon of water weighs 8.34lbs)
- Do you have a First Aid Kit and necessary Rx medications on hand?
- Do you have enough food for everyone in the house for 3 (days, weeks, months)?
- Do you have alternative cooking sources? (Ex: propane or butane stove)
- Do you have safety items? (fire extinguisher, smoke detector, carbon monoxide detectors, flashlight)
- Do you have a communication plan? (battery powered weather radio)
- Do you have a checklist? (Assume you have less than 9 mins to leave your home, office, center, etc.)

Feedback

- ❖ What was your experience of the last 3 months in lockdown in terms of preparedness?
- ❖ How prepared were you before the pandemic on a scale of 1-10 (1 not prepared 10 completely prepared)?
- ❖ Have you learned or discovered anything that could be helpful for the rest of the family.
- ❖ Email your responses to Br Erik or Sr Suja:
newyork@brahmakumaris.org or SimPreLLC@gmail.com