

## **Disaster Preparedness 101**

*The prudent see danger and take refuge, but the simple keep going and pay the penalty Prov. 22:3*

### **72 hours or less**

1. Possible causes
  - a. Power outage (wind, snow)
  - b. Heavy storm
  - c. Issues with local utility infrastructure (accidental or malicious)
2. Assumptions
  - a. Fresh water is available from the tap
  - b. Local stores have some food/supplies available
  - c. 911/emergency response may not be available
  - d. No home internet access (cable, DSL, fiber, etc)
  - e. Gas stations may be inoperable
  - f. Natural gas appliances should still function
3. What do you need?
  - a. Food
    - i. What most of us have in the cupboard should be sufficient
    - ii. How will you heat your food? (Never cook with charcoal or bring a barbecue inside!)
  - b. Shelter/Environment
    - i. Heat is the primary consideration. How will you/your family stay warm?
    - ii. Don't open refrigerator or freezer unless absolutely necessary (cold air cannot be replaced)

### **Up to Two Weeks**

1. Possible causes
  - a. Severe/regional power outage
  - b. Moderate earthquake (not "the big one")
  - c. Intentional disruption of infrastructure
2. Assumptions
  - a. Fresh water may not be available from the tap
  - b. Sewage service may be interrupted or unavailable
  - c. Local stores do not have food/supplies available or ration heavily
  - d. 911/emergency response is not available
  - e. No home internet access (cable, DSL, fiber, etc)
  - f. Gas stations are inoperable
  - g. Natural gas appliances are inoperable
  - h. Possible disruptions of communication networks including phone calling/internet
3. What do you need?
  - a. Mindset of preparedness
    - i. Handling stress/anxiety
      1. How do you respond in "normal" life when things go wrong?

Where do you turn? If you're overwhelmed or need to medicate to get through daily life, do you have a plan if things go very wrong?

2. Creating healthy habits, training yourself to turn to Christ in times of trouble, etc before the disaster is just as important as having food available. After all, why are you alive?
  - ii. Am I ready? It's too late to "stock up" when something happens
  - iii. What if this doesn't resolve quickly?
- b. Water
  - i. Water filtration is a must (IE: Sawyer or Lifestraw filters)
  - ii. Where can you find water in and around your home?
    1. Hot water tank
    2. Toilets (top shelf only, please)
    3. Rainwater collection
    4. Local bodies of water/streams/springs
- c. Food
  - i. Hiding something is far more effective than defending it (Don't have Costco's pallet of food delivered to your front door)
  - ii. Dehydrated meals, like those bins sold at Costco/Amazon/4Patriots, are a great start and have a long shelf life
  - iii. Canned goods are invaluable
  - iv. Cooking becomes more of a challenge. It's a good idea to have a versatile stove available
  - v. Don't plan on 2000 calories a day
  - vi. Are there sources of renewable food available? (IE: garden, chickens)
- d. Shelter/environment
  - i. Do you have the medication you need? Talk to your doctor about building up a supply
  - ii. How will you dispose of waste?
  - iii. Staying warm (Don't use the whole house unless you need it)
  - iv. Do you have devices that need power?
    1. Medical devices (oxygen machines, CPAP, etc)
    2. Food will spoil in the fridge/freezer unless powered every few days, depending on type/efficiency. Chest freezers tend to last longer than upright.
    3. Phone/laptop/etc
  - v. Passing the time
    1. Can your kids (or you) go a week without playing Playstation, a handheld console, or on your phone?
    2. Board games, cards, dice, etc are a great addition to a kit