



## EMERGENCY PREPAREDNESS

The beginning of the year is a time to evaluate a number of things related to our mind, body, and spirit. Being prepared for emergencies can give you peace of mind and spirit, and provide for your body. Most agencies suggest having supplies for at least 72 hours. You probably already have many of the suggested items below:

### Essentials

- 1 gallon of water/person/day – remember pets!
- Flashlight – check the batteries and have an extra supply
- First aid kit – you probably already have band aids, check the dates on cleansing swabs and antibiotic ointments
- Fire extinguisher – dry chemical extinguishers cover all types of fires; check to see that it is charged
- Food – meals that don't need to be cooked or refrigerated; do you have a manual can opener?
- Prescriptions - ask your doctor about an emergency supply of your vital medications - a 3-day dose is recommended

### Useful

- Clothes – comfortable clothes and sturdy shoes
- Radio – battery operated to have a source of news
- Cash – keep small bills on in case you can't access an ATM or use credit cards
- Sleeping bags or blankets – to stay warm in case of a power outage or evacuation
- Cellphone charger – keep a portable charger to stay connected; keep it charged all the time
- Tools – a basic tool kit for emergency repairs

## **Personal**

- Comfort foods – these will help keep your spirits lifted during a time of stress
- Personal hygiene and sanitation items – toilet paper, feminine supplies, hand sanitizers, toothbrushes, heavy plastic bags for disposal
- Personal documents – copy important documents and upload them for digital safe keeping, alternatively send them to someone out of the area to keep for you
- Toys and games – both children and adults need activities to stay busy
- Pet items – remember food and comfort items for you pets

## **“Go Bag” for immediate evacuation when there is no time to pack**

- Hygiene items
- Cash
- Copies of important documents
- 2 day supply

After evaluating what you need, make a plan to add at least one item per week until your preparations are complete.

## **Community Connections:**

Being personally prepared for emergencies is important, but it is not the only factor in surviving an emergency. After examining a number of disasters, LA County Department of Public Health has concluded that community support is essential for successful outcomes. That agency recommends getting connected with the people in your community, so you can help one another. Who are the people in your community?

- Friends
- Family,
- Neighbors
- Church groups

These people represent a wealth of strength, support, and expertise that can help you survive disasters. Also within that group are people who are especially vulnerable during disasters. Reach out to your community and make a plan for supporting one another during a disaster.

**Philippians 2:4** - *Let each of you look not only to his own interests, but also to the interests of others.*