

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

Estimated Completion Time

This presentation can be customized to fit your needs and time allowance. Ideally 30 minutes.

- 20 minutes of presentation and 10 minutes of questions
- 15 minutes of presentation and 15 minutes of questions

OBJECTIVES

At the conclusion of this presentation the audience will:

- Understand why they should be prepared to be on their own for two weeks.
- Know what types items they should stock up on.

The topics that will be discussed in this unit are:

- Types of disasters and impacts they may have on the community.
- A family’s basic needs for two weeks.

Setting the Stage

Begin the presentation by asking what types of disasters occur in the areas the audience lives in. Many different types of disasters can interrupt the supply or delivery of goods and services in an area. If the area is prone to earthquakes, tsunamis, flooding, severe winter weather, windstorms, volcanoes, as well as many other disasters, these can impact transportation of goods. The pandemic has been an excellent example of interrupted supply chains.

Prepare in a Year



Slide 1

Insert your Agency logo on the first slide

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

Be 2 Weeks Ready

Prepare to be on your own for two weeks

When large disasters occur you could be on your own for up to 2 weeks.

Slide 2

When disasters strike, the impacts on a community can be very substantial. First responders and their families living in the area are likely impacted along with everyone else. Access like roads and bridges to your area may be impassible. Also, first responders in a major disaster may have many survivors to assist and may spend time following the disaster doing a damage assessment before they are able to assist people.

Major disasters like large earthquakes, tsunami, and wildfire can damage or destroy infrastructure like water delivery, transportation, or grocery stores. With the interconnectedness of supply chains, a disaster in an area along the supply chain for your community can impact the availability of goods in your community.

Be 2 Weeks Ready

How do I get 2 weeks Ready?

- Cooking
- Sanitation
- Shelter
- Lighting

Slide 3

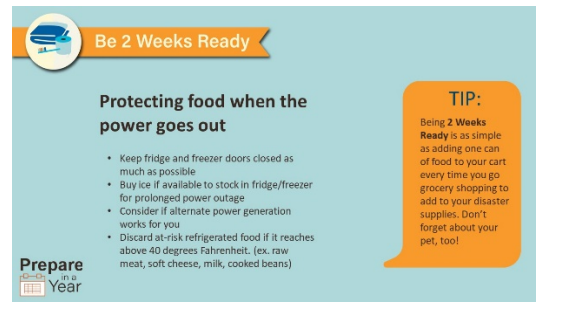
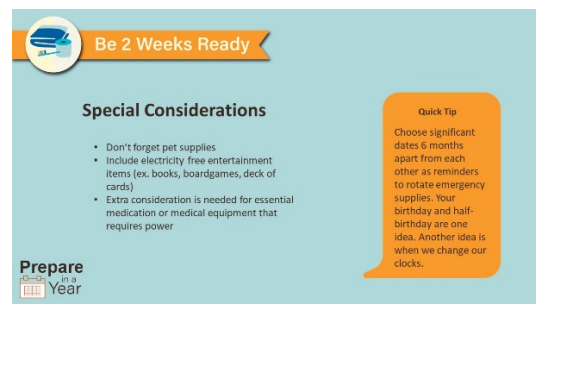
I like to think about getting ready for shelter at home for two weeks as an extended camping-at-home event. Reflect on all your essential daily activities that require some good or service that is delivered to your house. Electricity, water, natural gas, other fuels, and groceries may all be unavailable. You should have a supply of all the essentials.

Food supply should be shelf stable. It should also be sufficient to provide enough energy and nutrients during a potential energy intensive disaster clean up. Try having some precooked, canned food that uses little fuel, energy, and water to prepare. Try to find food that is not too different from your regular diet, to minimize change during a disaster. Be aware of expiration dates and rotate food into your regular cooking so as not to waste food.

PREPARE IN A YEAR PLAYBOOK




PERSONAL PREPAREDNESS

	<p>We recommend storing 1 gallon of water per person per day in food grade containers. Label the storage date of the water and rotate it every 6 months.</p> <p>Make sure to have plenty of heavy duty plastic bags for sanitation waste. 5 gallon buckets can be lined with plastic bags and fitted with toilet lids. Make sure to have enough water and soap on hand to remain hygienic.</p> <p>Have warm blankets and sleeping bags so people can have a warm place to be if heating is unavailable in your home. Consider trying to get an alternate heating source for your home. Never use an open oven, or grill to try and heat your home. Natural gas and propane can fill your home with carbon monoxide and can be a fire hazard.</p> <p>Have flashlights or headlamps with extra batteries available for power outages.</p>
	<p>Slide 4</p> <p>The interruption of electricity will make electric fridges and freezers begin to warm up. Keeping perishable food cold helps keep it fresh and safe to eat. Take steps listed on the slide to make sure your cold food stays cold. Consider investing in a portable generator and have some fuel on hand if this is realistic for your home situation.</p>
	<p>Slide 5</p> <p>Think about the needs of your pets too. Include them in planning out extra food, water, sanitation, and having a warm place for them to sleep.</p> <p>Many disasters require you to spend time just waiting at home. Get entertainment items that don't require electricity.</p> <p>If you have essential medication or medical equipment that requires power or refrigeration,</p>

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

	<p>make sure you have alternatives to maintain the continuation of the availability of those things. Talk to your doctor about getting an extra preparedness supply of medication, as pharmacy service may be unavailable after a disaster.</p>
 <p>Be 2 Weeks Ready</p> <p>Use the Web Ready.gov Do1thing.com</p> <p>Local Resources Check with local emergency management for specific advice for disasters in your area</p> <p>Prepare in a Year</p>	<p>Slide 6</p> <p>Talk about your local resources as well as resources that are available on the internet.</p>