

EXIT

EMERGENCY

Preparedness Plan

If we are
prepared, we shall
not fear.

Quentin L. Cook



Your Current Situation

Planning for emergencies can be a daunting task, but it's extremely important to have one. Unfortunately, many people don't consider it until it's too late. Kudos to you for doing this now and thinking ahead. The first thing you want to do is to think about what natural disasters you might experience where you live. Consider what kinds of disasters could happen in your area (such as tornadoes or hurricanes) and plan around those scenarios. Even if the chances are slim that such an emergency might occur, planning for it is still prudent because there's always a chance nothing will come of it but better safe than sorry! Use the space below to consider them and how prepared you currently are.

- What are the most likely disasters to happen where you are?

- What are you doing to prepare for these already?

For these, do you consider yourself:

- Very Prepared Sufficiently prepared Under prepared

- What are some less likely situations you'd still like to prepare for?

- What are you doing to prepare already?

For these, do you consider yourself:

- Very Prepared Sufficiently prepared Under prepared

**EXPECT
THE BEST.
PREPARE FOR
THE WORST.**

- ZIG ZIGLAR





Kitchen

Small camping stove

Gas for stove

Kettle

Coffee percolator

Washing tub

Cooler

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REMEMBER.

WHEN DISASTER STRIKES,
THE TIME TO PREPARE
HAS PASSED.

- STEVEN CRYOS

Planning Your Food Supply

Earlier, we made a list of the food you want to stock in your pantry and freezer. But having a list is not sufficient. You also need to plan for enough food for everyone in your household and for how many days you want to stockpile. This is what we'll do here.

- How many people are in your household?

- How many days worth of food & water are you planning for?

- How much food does that come to?

- How will you store this food?

- If you don't have space right now, what spaces can you rearrange to make room?

Food - even canned - needs to be refreshed. Calendar the dates you will remove the oldest ones and re-stock with fresher supply. Ideally, once a quarter. Note the dates below and check off as you go.

Quarter 1 date: _____

Quarter 2 date: _____

Quarter 3 date: _____

Quarter 4 date: _____

IT WASN'T
RAINING
WHEN NOAH BUILT
THE ARK

- HOWARD HUFF



Get Your Vehicle Ready

- First-aid supplies
- Prescriptions
- Asthma inhalers
- Blood sugar/preLantern/flashlight
- Backup phone batteries
- Spare tire with tools
- Keep gas tank topped up
- Flares
- Whistle
- Glass breaker
- Working jumper cable
- Portable air pump
- Shovel
- Reflector
- Fire starter
- Pocket knife
- Tire repair kit
- Ice scraper
- Blankets
- First aid kit
- Hand sanitizer
- Blood pressure monitors
- Epinephrine injectors
- Defibrilators
- Supplements
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THERE'S *no harm*
in hoping **FOR THE BEST**
AS LONG AS
YOU'RE PREPARED
FOR *the worst.*

- STEPHEN KING



Preparing For The Elderly

Unfortunately, emergencies happen regardless of age and physical capabilities. Elderly people may be on medication, wheelchair bound, need walkers, have certain conditions that make emergencies harder to deal with, and more. Use this page to make a plan for any elderly people in your home or in your care. (Keep in mind what we talked about in chapter 15 about medical supplies.)

- Who are you planning for?

- Where or how will you house them?

- If you are housing them, what special preparations do you need to make that you don't already have?

- List any medical equipment they need.

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- List all the prescriptions and medical supplies they are on.

<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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Preparing For Small Children

Small children are completely dependent on you. So it's up to you to make a plan for them. For older children, consider involving them in making a plan for themselves.

- Who are you planning for?

- Are there special foods they need?

- What do you need to keep them occupied when sheltering in place? Keep in mind, you may not have power.

- What do you need to keep them occupied if you need to evacuate?

- What else can you think?

Preparing For Pets

Pets are family, and probably one of the first things to come to mind when you start thinking about emergency preparedness. Below, build a plan to provide for your pet in an emergency.

● Name: _____

Medication: _____

Transportation Equipment: _____

How to transport: _____

● Name: _____

Medication: _____

Transportation Equipment: _____

How to transport: _____

● Name: _____

Medication: _____

Transportation Equipment: _____

How to transport: _____

Evacuation Plan

Being ready to evacuate is one thing. Knowing where you'll go is another. Now is the time to consider this.

- How will everyone in the family get in touch with each other?

- Where will you meet?

- List a few places you can go of varying distances. If the places listed are homes of family members, consider reaching out to let them know so they are prepared to accept you should it come to that.

Review your local government's evacuation plans - if they have one. Which route will you take? Keep in mind, some roads may not be accessible at that time so plan a few alternates.

- Route 1

- Route 2

- Route 3

Readiness Check

An emergency plan is no good if it's outdated or not refreshed. Use the checklist below to help you review your plan every quarter or 6 months.

- First aid kit Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Power outage Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Pantry Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Freezer Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Power/Fuel supply Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Kitchen Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Home prep Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Personal care Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Medication Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Vehicle readiness Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Outdoor survival kit Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Financial prep Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Go bag Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Evacuation plan Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Home inventory Quarter 1 Quarter 2 Quarter 3 Quarter 4
- Important documents Quarter 1 Quarter 2 Quarter 3 Quarter 4

