

Prepare in a Year – April 2010

This is the fourth of a series of short action articles that will enable you, over the next 12 months, to better take care of your family, friends, neighbors, and yourself in times of disaster. After a disaster, you will want to identify the supplies and equipment needed to live comfortably for the first 72 hours when external assistance probably won't be available. These items include the water, mentioned last month, plus food, first aid supplies, clothing / bedding, tools and equipment, and specialty items. Most households have plenty of canned foods that can be safely consumed without cooking. Canned foods can be supplemented with cookies, crackers, candy, etc. Your first aid supplies may include antiseptics, bandages, pain reliever, and over-the-counter medicines. Sleeping bags can be very useful during the colder months. Typical valuable tools include scissors, flashlights, non-electric can openers, etc. Specialty items such as prescription drugs, eye glasses, diapers, etc. could be useful to many families. Most of the items described above are readily available in our homes; the trick is locating them in times of emergency. Suggest you make it a personal project to prepare and update an ongoing categorical list to guide you in a future disaster. If you have been acting upon these preparation articles; you are well on your way to mitigating the consequences of disasters that will affect your family.