

Emergency Preparedness

Part 2: Home Preparation

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Why Am I Responsible?

Preparedness is everyone's job. Not just government agencies but all sectors of society -- service providers, businesses, civic and volunteer groups, industry associations and neighborhood associations, as well as every individual citizen should plan ahead for disaster.

During the first few hours or days following a disaster, essential services may not be available.

People must be ready to act on their own

Source: Colorado Office of Emergency Management

Why Emergency Preparedness?

- ▶ Natural Disasters
 - Tornados
 - Snow storms
 - Floods
- ▶ Accidents
 - Train carrying toxic chemicals derails
- ▶ Terrorists Attacks
 - Localized, or widespread
 - ▶ Fort Collins has a Federal Bldg. Campus, making it a potential target
 - Conventional, nuclear, biological, chemical
- ▶ Pandemic
- ▶ Cyber-Attacks
 - Attacks on water & power control systems, manufacturing, banks
 - SCADA Systems
- ▶ Any of the above could cause civil unrest



Something To Think About!

Commit a weekend to updating telephone numbers, buying emergency supplies and reviewing your emergency plan with everyone.

Emergency Preparation Time-Frames

▶ First 72 Hours

- Do you stay or do you bug out?
- Have enough supplies to allow you to focus on future planning

▶ 1 to 2 Weeks

- Do you stay or do you bug out?
- Where do you go?

▶ 1 Month and beyond

Home Survival Elements

- ▶ Planning and improvisation skills!
- ▶ Safe shelter (safe room)
- ▶ Food and water
- ▶ First aid supplies
- ▶ Hygiene
- ▶ Home/self defense
- ▶ Communications
- ▶ Tools



Preparing Children for Emergencies

- ▶ Tell your children why you are preparing
- ▶ Explain why emergencies happen, but don't over-dramatize or use vivid/frightening descriptions
- ▶ Teach children about emergency procedures
 - Stop, Drop, Roll (fire)
 - Duck, Cover, Hold (earthquake or explosion)
 - Communicate (calling emergency services and other relatives)
 - What to do if they are separated from you when the emergency happens (they are at school or a friend's house)
- ▶ Get them involved – Have your children help you prepare emergency kits and supplies

Home Readiness Items

▶ Safe Room(s)

- Place to keep your supplies
- Room that is (or quickly can be) hardened against the elements or intrusion
- A room that can accommodate sleeping and hygiene needs
- Located such that the current emergency does not pose a threat
 - ▶ Master bedroom upstairs? Good in case of flood, but bad in case of tornado
 - ▶ Basement? Good in case of most emergencies, but bad in case of flood
 - ▶ May need two – one is chosen based on the emergency type

Home Readiness Items

▶ Water

- Bottled water
- Plastic water containers (food grade if possible)
- Water heater
 - ▶ From a well maintained water heater
- Large storage device such as a "WaterBOB"
- Water purification tablets or household bleach
- Don't ration water until advised to do so



1 gallon of water per day per adult

▶ Food

- Ready to eat foods that require little or no preparation
- Foods that only require water for preparation



Don't forget about your pets!

Home Readiness Items

► Tools

- General purpose tools for most tasks
- Wrenches for turning off utilities

► Fire extinguishers

- ABC rated
- Baking soda



Home Readiness Items

► Sanitation

- Plastic bucket and plastic bags
- Waste treatment chemicals (poo powder or RV chems)
- Portable toilet system (<http://www.easycaretoilet.com/>)
 - Can be useful if you need to “bug-out”
 - WalMart has an excellent selection of camping items!



Home Readiness Items

- ▶ Emergency radio – battery/crank powered
- ▶ Candles, matches, lighters
- ▶ First-Aid, hygiene, and medications
 - Bandages – to treat wounds
 - Soap/Anti-bacterial – to prevent infection/illness
 - Maintenance medications – to maintain health
 - Extra eye glasses/contact lenses



Home Readiness Items

- ▶ Flashlights and spare batteries
 - Try to minimize the number of different types of batteries that you need
 - Buy flashlights that use LED bulbs – the bulb has a longer life and uses less power
 - Consider having a few magnetic induction (“shake”) lights – they do not require batteries



Home Readiness Items

- ▶ Extra propane for BBQ grill
 - When the power goes out, you can use your grill to cook with
 - Do NOT use gas grills indoors!
- ▶ Comfort items
 - Things you normally enjoy such as tea, coffee, instant juices
 - Games & books
 - Candy

Maintaining “normalcy” in a disaster is important!

A Word About Firearms

- ▶ May need firearms to defend against civil unrest and looters
- ▶ Stick to the firearms that you are familiar with
 - Good - The pistol you use for weekly shooting league
 - OK – The shotgun you bring out of the safe once in a while to shoot clay pigeons
 - Bad – The rifle you haven't used or cleaned in years, and for which you have no or extremely old ammo
- ▶ Use "safety" ammunition loads for inside the home
 - Over-penetration may put family and neighbors at risk
 - Safety slugs/frangible ammunition
 - Hollow point
 - Bird-shot
- ▶ Have a safe room and go there if under the threat of looting or other attacks
- ▶ Don't go outside to wait for looters
- ▶ Keep your shooting and self defense skills sharp!

Firearms are a "last resort" tool ONLY!

Resources

- ▶ **Gonzo's Garage** (http://www.gonzosgarage.net/emergency_prep.html)
- ▶ **Wildwood Survival**
- ▶ **American Red Cross**
- ▶ **Ready.Gov**
- ▶ **Centers for Disease Control**
- ▶ **SurvivalLady.Com** (<http://www.survivallady.com>)
- ▶ **American Preppers Network**
- ▶ **Prepper TV** (<http://www.prepper.tv/>)