

Emergency Preparedness: Everything You Need to Make Before the SHTF

Are you prepared for a major disaster or emergency? Having an emergency preparedness plan in place can make all the difference in whether you and your family survive.

This comprehensive guide covers everything you need to know to create an emergency preparedness plan, including:



Are You Ready: Emergency preparedness you need to make before the SHTF by Wole Odujebu

★★★★★ 5 out of 5

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Enhanced typesetting : Enabled
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- What supplies to stockpile
- How to create an evacuation plan
- How to stay safe during a disaster

What Supplies to Stockpile

The first step in emergency preparedness is to stockpile essential supplies. These supplies should include:

- **Food:** A three-day supply of non-perishable food for each member of your household. This should include items such as canned goods, crackers, granola bars, and dried fruit.
- **Water:** A gallon of water per person per day for three days. This water can be stored in bottles, jugs, or a water filtration system.
- **First aid kit:** A basic first aid kit that includes bandages, antiseptic, pain relievers, and other essential supplies.
- **Flashlight:** A flashlight with extra batteries.
- **Radio:** A battery-powered radio to stay informed of weather and emergency updates.
- **Whistle:** A whistle to signal for help in an emergency.

How to Create an Evacuation Plan

In the event of a disaster, you may need to evacuate your home. It is important to have an evacuation plan in place so that you and your family know what to do and where to go.

Your evacuation plan should include:

- **A designated meeting place:** Choose a place outside of your neighborhood where you and your family can meet if you are separated.
- **Escape routes:** Identify several escape routes from your home in case one route is blocked.

- Transportation: Make sure you have a way to transport your family and supplies to your designated meeting place.

How to Stay Safe During a Disaster

During a disaster, it is important to stay safe. Here are some tips:

- Stay informed: Listen to the radio or television for updates on the disaster and follow instructions from authorities.
- Stay indoors: If possible, stay indoors and away from windows. If you must go outside, wear protective clothing and a mask to avoid inhaling smoke or debris.
- Be aware of your surroundings: Pay attention to your surroundings and be aware of any potential hazards.
- Help others: If you see someone who needs help, offer your assistance.

Emergency preparedness is an important part of being a responsible citizen. By taking the time to create an emergency preparedness plan and stockpile essential supplies, you can help ensure that you and your family are prepared for anything.

For more information on emergency preparedness, visit the following websites:

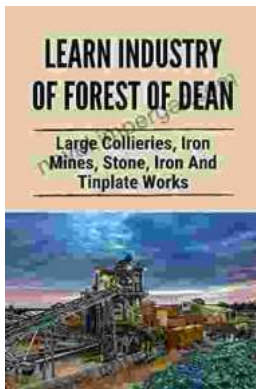
- [Ready.gov](https://www.ready.gov)
- [FEMA.gov](https://www.fema.gov)
- [CDC.gov](https://www.cdc.gov)



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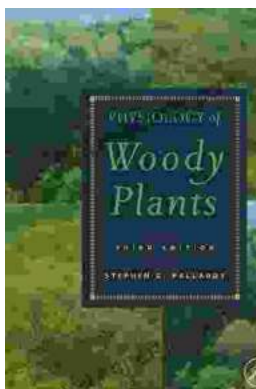
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