

## Personal Preparation

12 Steps  
(Post suggested details)

1. Have a Plan
2. Store Drinking Water  
(Minimum 2 Weeks)
3. Food/Household Goods
4. Protection Family Assets and records
5. Clothing Protection
6. First Aid Supplies  
(Learn CPR)  
(Maintain 30 day Prescription supply)
7. Alternative for Heating and Lighting Sources
8. Compile Emergency Preparedness Library
9. Communications  
(Battery Operated Radio)
  - Am 1690/1010/920/1140
  - FM 104.7/106.1/96.7
  - Amateur radio – RACES
  - ICE – Out of State contact
10. Waste Disposal  
(Learn to manage it)
11. Neighborhood Involvement
12. Care for Pets

## EMERGENCY PREPAREDNESS (EP)

### EVENT

Earthquake  
Wind Storm  
Fire  
Water Contamination  
Hazardous Material Spill  
Utility Outages  
Airplane disaster

### Remember

**The 1<sup>st</sup>**

**72 Hours**

**Be prepared**

**To Take Care**

**Of Yourself**

**Family**

**And**

**Help**

**Neighbors**

## Neighborhood (NH) & (HOA) Preparation

Team Effort  
(Combine NW/HOA with EP)

1. Develop Plan
2. Establish Assessment
3. Survey members  
(Insure privacy of NH/HOA members)
  - Skills
  - Supplies
  - Combine resources
4. Determine persons (Severe functional limitations)
  - Blindness
  - Hearing
  - Walking
  - Medical
5. Evaluate persons with functional limitations
  - Heart problems
  - Diabetes
  - Age
  - Arthritis
  - Weight
6. Train Neighbors
  - First Aid
  - CPR
  - Basic Life Skills
7. Create Communication Network
  - Keep Neighbors Grouped
  - Establish linkage to Command center
8. Set up Pet Protection Center