

Emergency Preparedness: Bringing It Home for Yourself, Your Family, and Your Community

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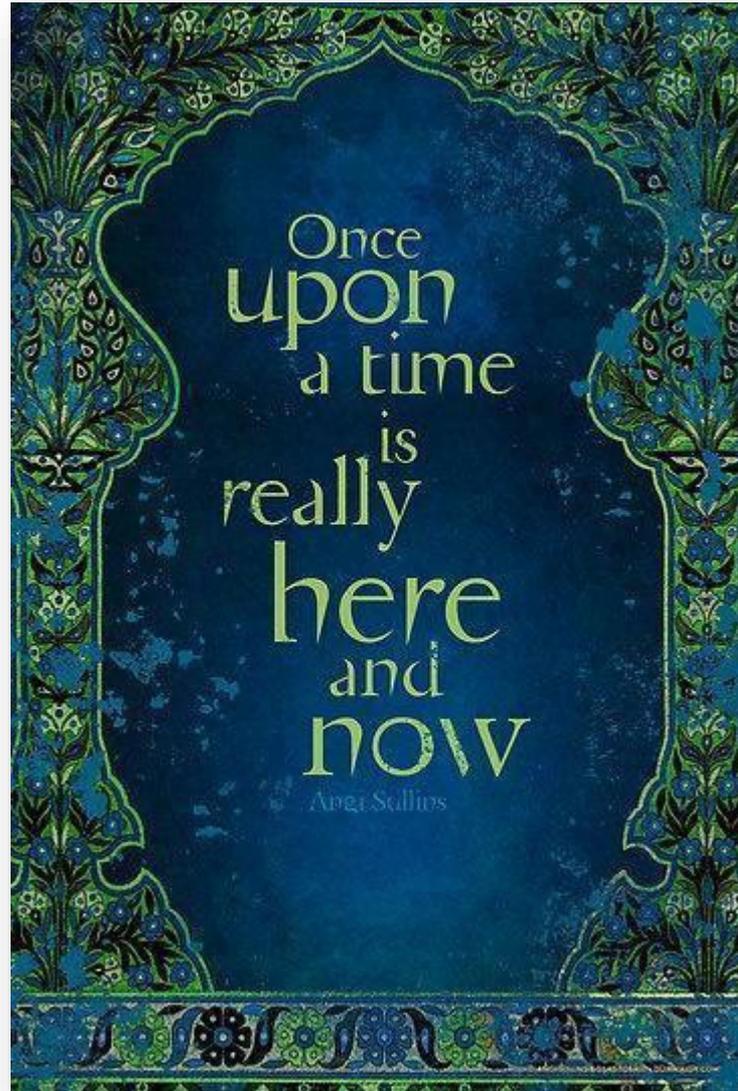
April 2, 2014

Famous Saying



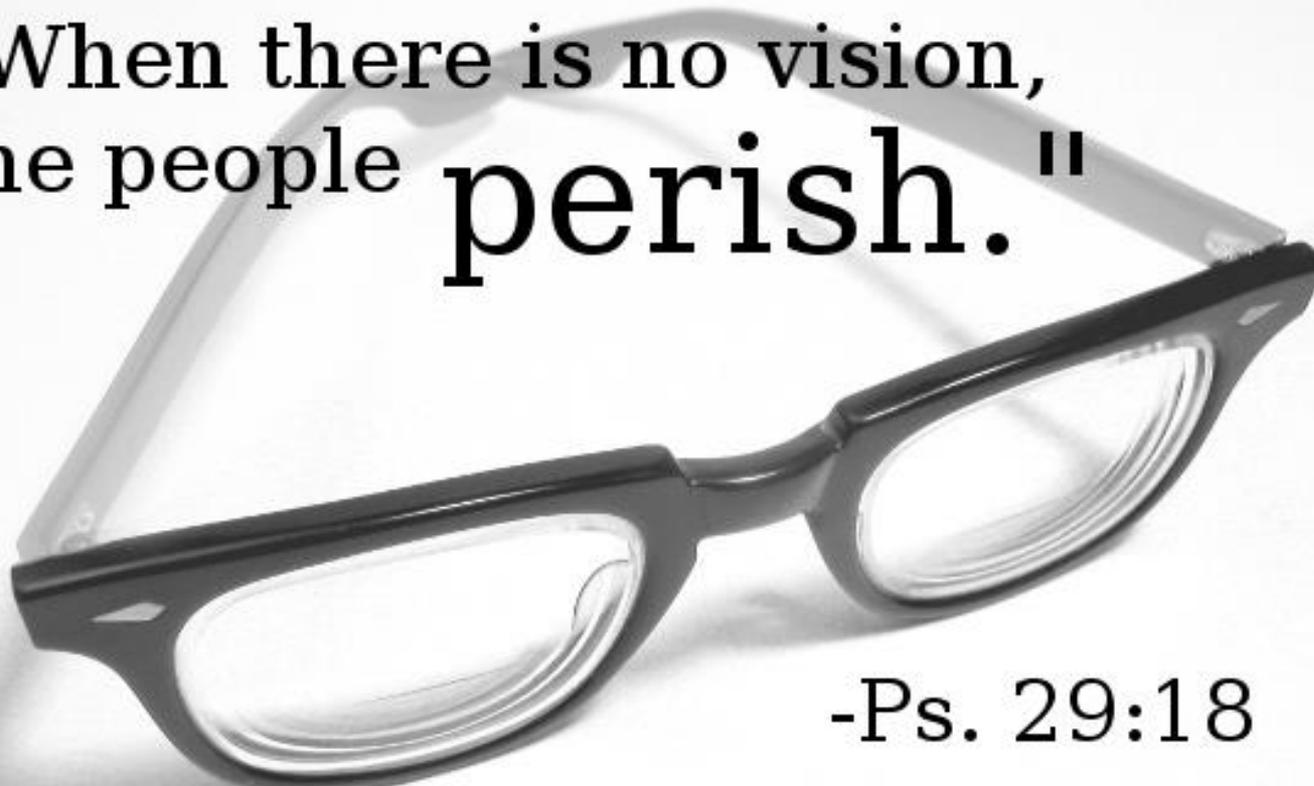
“Noah didn’t wait until it was raining to start building the Ark.”

Famous Saying



Famous Saying

"When there is no vision,
the people **perish.**"



-Ps. 29:18

Agenda

- The Basics
- Some Additional Checklists
- The Hard Truths
- Summary Notes From the First Annual Emergency Preparedness Conference at Chicago State University
- What You Need to Know
- What You Need to Do
- Some Free Resources
- Conclusion
- Questions

The Basics

- **You need the following to Survive:**
 - Clean Water
 - Clean Air
 - Clean Food
 - Shelter, Sleeping Bags, and Heat
 - Basic hygiene stuff (soap, toothpaste, toothbrush, toiletries)
 - Your loved ones
 - Clothes, especially clean underwear and socks
 - Your important documents
 - Cell phone and a communications plan
 - A knife
 - A flashlight
 - Your medications
 - A radio with batteries
 - Maps, compass
 - A Bible or other source of Spiritual Nourishment
 - A good backpack
 - A pat on the back, now and then
 - Money, credit cards, etc.
 - Knowledge and will
- **Nice to have**
 - Electricity
 - Books
 - Paper and pen
 - GPS

Another Version of a Survival Checklist

The Survival Kit List

Updated December 2005

Required Kit

I. First Aid items

1. Aspirin, tylenol, or Advil, 10.
2. Neosporin or other good first aid cream.
3. 10 Band-aids, different sizes.
4. Sunblock cream
5. Water purification tablets.
6. Special medicine you require.

II. Fishing

1. 25 yards of fishing line.
2. Fishing hooks.
3. Fishing flies.

III. Fire Starting

1. Birch bark.
2. Hemlock twigs
3. Real 100% cotton.
4. Candle.
5. Magnesium Fire Starter.

IV. Food & Cooking

1. A non-melting, well wrapped energy candy bar.
2. 1 soup & 1 hot chocolate packet.
3. A small pocket knife.
4. Heavy duty aluminum foil.

V. Direction & Signaling

1. Compass.
2. Whistle.
3. I.D. card with name, address, and phone number.
4. Small pencil + paper.

Deluxe Survival Kit add....

I. First Aid

1. Medicines you think are important.
2. A roll of adhesive tape. (Canoes trips)
3. Snake bite kit, for snake areas.
4. Salt tablets for hot areas.
5. Ammonia inhalants.
6. Ace bandage.
7. Anti-bacterial soap.
8. Tweezers and a needle.
9. Insect repellent.
10. Poison ivy medicine.
11. Gauze pads and cotton.

II. Fishing & Hunting.

1. Sinkers.
2. 10 feet of snare wire.
3. Fishing & hunting supplies you consider important.

III. Fire Starting

1. Compact wire saw.
2. Waterproof matches.

IV. Food & Cooking

1. Vitamin tablets.
2. Dried fruit or bouillon cubes.
3. One mac & cheese dinner.
4. Tea or coffee packet.
5. Sharpening stone for knife.

V. Direction & Signaling

1. Small signaling mirror.
2. Writing pad & pencil.
3. Needle & thread.
4. 15 feet of nylon cord.

Everyone must have the items in the left column, but you might want to add some of the items from the right column. For example if you are going into an area with snakes, you might want to add the snake bite kit. Be sure to include any special medicine you require. If you have special medical needs be sure to wear this information on your person, so if someone finds you they will be aware of your special needs.

Source: <http://danielleqdllopez.wordpress.com/2013/08/19/the-ot-metal-gear-survival-guide-get-ready-for-mgs4/>

A Document Checklist

CHECKLIST: DOCUMENTS

- bank account numbers
- birth, death, marriage certificates and divorce decrees
- charge card account numbers, "lost or stolen" notification numbers
- deeds and contracts
- house and life insurance policies
- inventory of valuable household items
- medical records including immunizations
- money (cash)
- passports, where pertinent for each family member
- social security numbers
- stocks and bonds
- Vaccination records

The Hard Truths

- Disasters are becoming more and more common
- The Government (Federal, State, and/or Local) is not going to be able to save you
- You are going to have to be your own **First Responder**
- Having the knowledge and will to survive is as important as having the basic necessities
- Those that do not prepare are going to have it a LOT tougher than those that do
- Even if you don't have all the money resources you need, you can build you plan and then your basic emergency Bug-Out kit a little bit at a time
- If you collaborate with your community, and share lists and resources, you can help ensure the well-being of everyone during an emergency

The Hard Truths: Water

- Potable water is every human being's biggest challenge
 - Essential for survival
 - Without drinking water, you can die in 3 to 5 days
 - Potable water can be scarce, expensive and hard to find
 - Water is HEAVY and BULKY. It weighs 8 pounds to the gallon



The Miracle That Is WATER

What does water do for the human body?

prevents loss of memory as you age

lessens addictive urges, including caffeine, alcohol and certain drugs

dehydration taxes the heart by causing it to pump faster to get sufficient oxygen to your muscles

water allows for efficient cell repair

water is essential for the body to sweat and release toxins

allows red blood cells to carry oxygen more efficiently, resulting in better muscular function and increased mental acuity

cleanses toxic waste from various parts of the body and carries it to the liver and kidneys for removal

without the flow of water, there's insufficient water to remove waste and toxins through your stool

lubricates joints and lessens discomfort from arthritis or back pain

slows down the aging process and makes skin smooth

A University of Washington study discovered that one glass of water stopped hunger pangs for almost 100% of studied dieters.

75% of Americans are chronically dehydrated

The Lesson to be Learned?

Drink More WATER

Disasters They Didn't See Coming

- Hurricane Katrina
- The Fukushima-Daichi Nuclear Disaster that followed the 8.0 Earth Quake and Tidal Wave of March 2011
- That Meteor in Russia in 2012
- Wild Fires in the West in 2011, 2012, 2013
- Floods in 2010, 2011, 2012, 2013
- Rodney King Verdict Riots of 1992 in Southern California
- September 11, 2001



Keynote Speaker:
Lt. General Russel L. Honoré
Hurricane Katrina Leader

COMMUNITY EMERGENCY PREPAREDNESS CONFERENCE

September 25 – 26, 2013
Wednesday & Thursday
8:00 a.m.- 4:30 p.m.
Jones Convocation Center
9501 S. King Dr., Chicago, IL

Register at www.csu.edu or call 773-995-5064

be inspired, be motivated, ACT NOW!

CHICAGO
STATE
UNIVERSITY



SUMMARY NOTES FROM THE FIRST ANNUAL COMMUNITY EMERGENCY PREPAREDNESS CONFERENCE AT CHICAGO STATE UNIVERSITY

21st Century Community Emergency Preparedness Conference

Chicago State University hosted its first annual 21st Century Community Emergency Preparedness Conference September 25 and 26, 2013. It was free and open to the public

LT General Russell Honore' the Leader of the Katrina Disaster Relief Effort, was the Keynote Speaker.

It was hosted by Dr. Damon T. Arnold, Assistant Dean
Chicago State University
9501 South King Drive
Chicago, IL 60628

Summary Notes – Part 1

- You are your own First Responder

Summary Notes – Part 2

- You must have a Disaster Recovery Plan and a Business Continuity Plan

Summary Notes – Part 3

- People need to test their Disaster Recovery Plans and continually keep them updated.

Summary Notes – Part 4

- People need to work with and count on their neighbors because they will probably see their family and neighbors before they see a first responder.

Summary Notes – Part 5

- Food, water, electricity, planning, level-headedness, and good leadership and all critical during a crisis.

Summary Notes – Part 6

- People need to understand and document where critical resources are, including where the resources are that they don't have.

Summary Notes – Part 7

- The government will probably NOT be able to save you, so again, you will need to depend on yourself and your direct community.

Summary Notes – Part 8

- There have been 48 major disasters since January 2009 when President Obama took office. Five of these major disasters were FEMA Region 5, which is headquartered in Downtown Chicago.

Summary Notes – Part 9

- The likelihood of Cyberattacks and Cyberwarfare remains quite high on the world stage, so FEMA is now having exercises that simulate the negative effects of massive “Cyber Events.” What is especially disturbing is the huge number of automated industrial control systems known as SCADA Systems. It is disturbing because we depend on these SCADA systems to make a huge number of systems run, including Water Treatment Plants, Traffic Control Systems, Manufacturing Control Systems, Government Control Systems, Command and Control Systems, etc., and all of these systems are highly vulnerable. **But they don’t know how many there are and they cannot be modified because their operation depends on critical timing loops.** Modifying these SCADA systems would impair their performance so shielding is the only option. But shielding is a big problem because they literally don’t know where they all are. **Result: American infrastructure remains highly susceptible to crippling cyberattacks that would have catastrophic consequences.**

Summary Notes – Part 10

- The U.S. Government has valuable resources at <http://www.ready.gov> and at <http://www.fema.gov>.

What You Need to Know

- You need a Disaster Plan
 - <http://www.ready.gov>
- You need a Communications Plan
 - <http://blogs.cdc.gov/publichealthmatters/2013/07/d-o-1-thing-family-communication-plan/>
- You need to educate yourself, your family, friends, and community

What You Need to Do

- Have the will and brains to survive a Disaster
- Prepare yourself and family and community to be ready to Survive a Disaster
- Be prepared to live off the Grid for at least a week to 10 days
- Have individual Bug-Out Bags
- Coordinate resource lists with your friends
- Test your plan and make a list of Lessons Learned
- Act as a Team: Encourage each other and ensure that you, your family and community will be successful
- Note: You can have fun testing and ensuring that your disaster plan will work when you need it

What You Need to Do

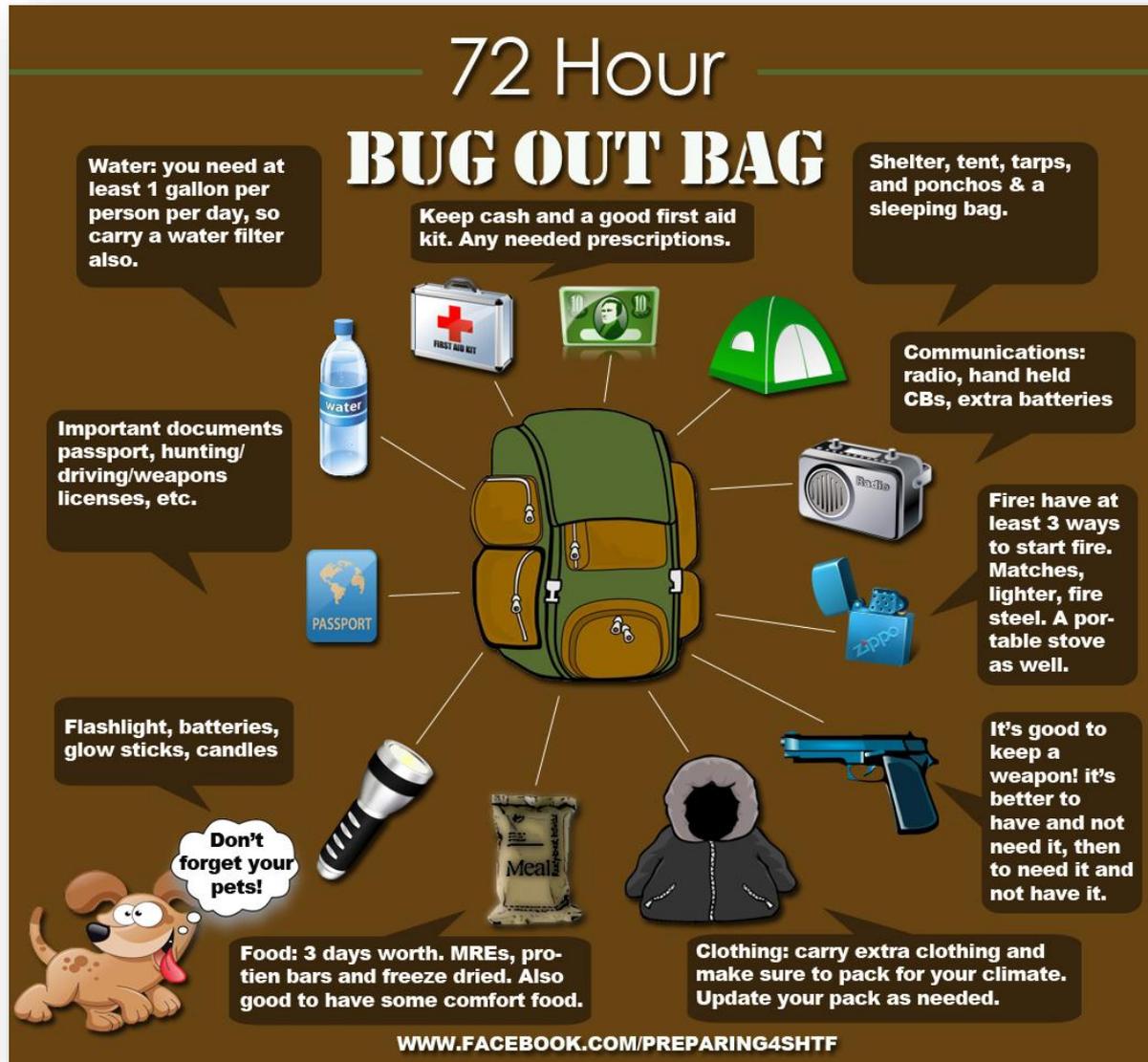
Individual Bug Out Bag

- Clothing
- Bug Out Bag
- Individual Needs

Equipment shared by the Group

- Stove, Fuel, First Aid Kit, Cooking Vessels, Water Purification Filter, Maps, GPS, Axe etc

What You Need to Do



What You Need to Do

Doggie BUG OUT BAG

Water: you need at least 1/2 gallon per pet per day, so carry a water filter in your human bag.

Build your own, or buy a pre-packaged kit. I recommend keeping the pet and human first aid kits separate.

Shelter: If your pet won't be able to walk on its own, get a soft-shelled carrier like the Pet A Roo and strap it to your bag.

2 Collapsible Dog bowls, one for food and water.

Tie Out: Pack a tie out because you never know when you will need to secure your pet.

Food: 3 days worth. Freeze dried food is best because it's lighter than canned food.

Clothing: Some pets are more delicate than others strongly suggest a jacket and a good pair of boots.

Can we bug out now?

FACEBOOK.COM/PREPARING4SHTF

PREPFORSHTF.COM

What You Need to Do



Test Your Disaster Plan and Use The Lessons Learned to Improve It

Some Free Valuable Resources

- **For You, your Family, and your Community**

- <http://www.ready.gov>
- <http://www.fema.gov>
- <http://blogs.cdc.gov/publichealthmatters/category/preparedness/>
- <http://blogs.cdc.gov/publichealthmatters/2011/05/preparedness-101-zombie-apocalypse/>
- 14 Free Essential Survival Resources
 - <http://www.thesurvivalistblog.net/top-14-survival-downloads/>
- RSOE - Emergency and Disaster Information Service
 - <http://hisz.rsoe.hu/alertmap/index2.php?area=usa&lang=eng>

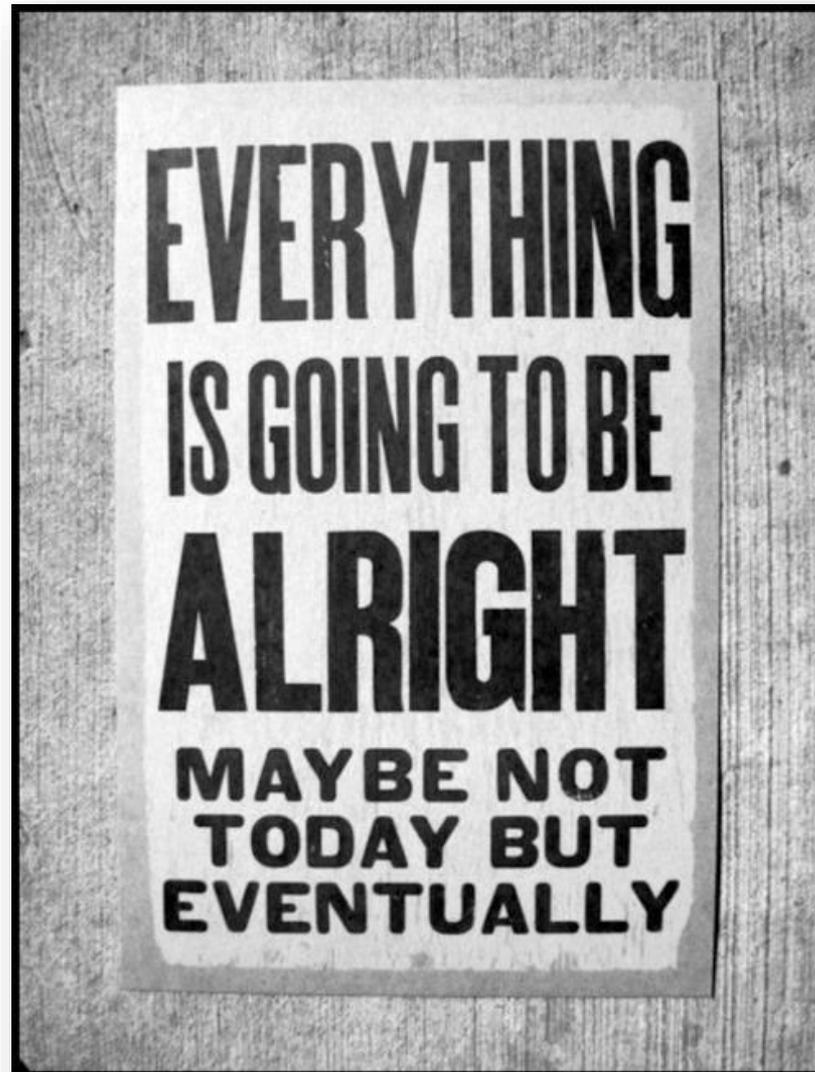
- **For your Businesses**

- NIST SP 800 Documents Related to IT Incidents and Emergencies
 - <http://sdrv.ms/UYP0gV>
- The Small Business Information Security Workbook by Dr. Susan Lincke
 - http://itm.iit.edu/netsecure11/SusanLincke_SmallBizSecWorkbook.pdf
 - www.cs.uwp.edu/Classes/Cs490/project/SecurityWorkBook.doc

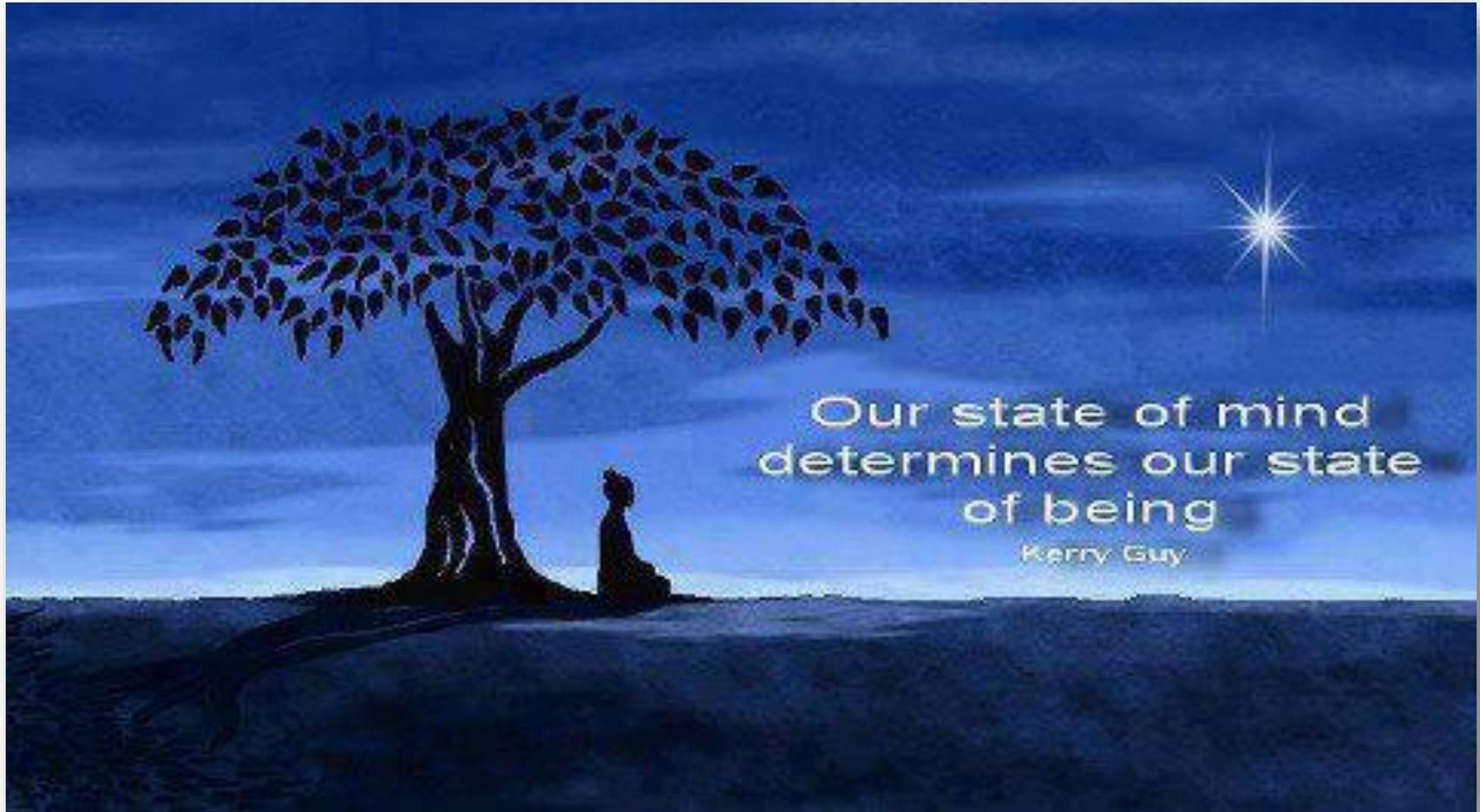
Conclusion

- It is important to remember that you are your own first responder
- Make a Disaster Plan and ensure that your **family** and community are included
- You ALL matter and no one should be left behind
- Test your Disaster Plan and improve it from the Lessons Learned
- There are MANY resources that are available to help you
- If you take survival seriously and plan it out, you can do this!
- Don't forget to remember Potable Water!
- Organize! Plan! Prepare! Practice! Improve! And Be Vigilant!

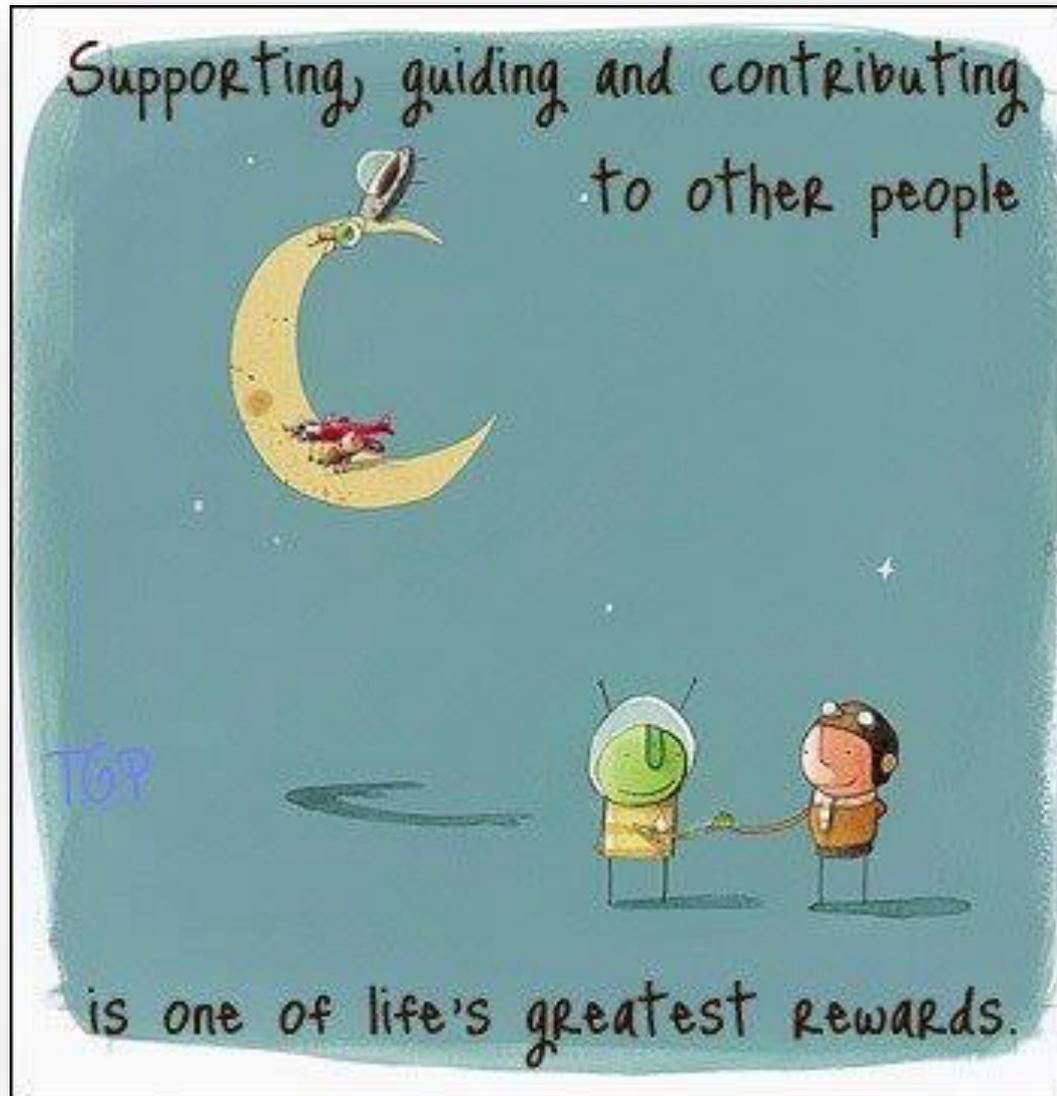
Conclusion



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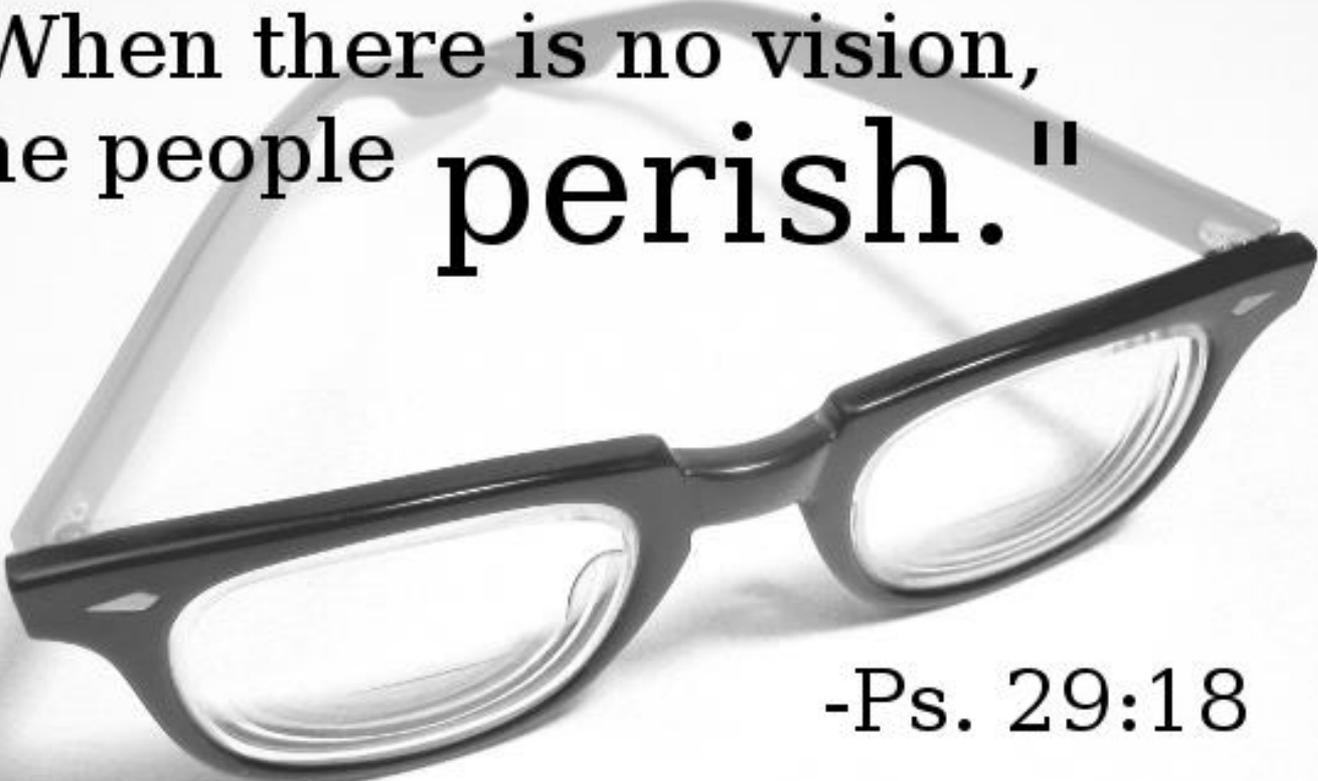


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Questions

