

Prepare

For the worse

Emergency Preparation





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The Basic Guide on Civil War Emergency Preparation



Peace has become an elusive dream for the whole world especially now that the world powers are scampering for world supremacy. Each powerful nation seems to have a secret nuclear arsenal that is on standby in case some other super country is prepared to expose its own nuclear power.

While people all over the world should be concerned about a third world war that will surely be swift considering the use of the nuclear arsenal of every powerful country, people however have to be prepared for something just brewing around the corner.

The risk of a civil war erupting in just about any country is an ever present risk that should be looked into not only by world leaders and the church but also by every person concerned about the safety of his community.

Like any other war, Civil war can be deadly and can affect majority of the population especially children who could not fend for themselves. Every civil war carries with it human rights abuses from both military and civilians.

The tragedy resulting from every Civil War the world has known is so encompassing. Take this:

Seven million Syrian residents displaced, more than one million lives lost.



More than 70 million people in Ethiopia hungry; add the millions of people suffering in Somalia and Ethiopia. This is the face of civil war and every person has to prepare for such an eventuality.

Every family should create an **emergency plan** no matter what emergency should arise. They should not rely on their governments if they do not want to suffer separation, suffering and death in the government-designated evacuation camps.

Families should consider taking **survival courses** which may include **self defense** lessons as well as gun firing lessons. Gun firing can be a family affair although children should be cautioned against the dangers of using guns in ordinary circumstances.

A family would be better off preparing an emergency **first aid kit** which should contain the basic medicine for ordinary illnesses. However, a family should from special illnesses like diabetes or asthma and include the basic life saving and maintenance medicines in the safety kit.

People who live in places that are susceptible to civil war and other emergencies should also pack a special kit which should contain **sturdy shoes** for family members, **maps**, all-purpose **knife** or a Swiss Knife would be better, **canned goods**, and basic toiletries like soap.

Take every important thing but take only the basic necessities because when a civil war erupts, there may be a chance that the family would be displaced and may be forced to survive for weeks or even months on the road escaping violence.

Preparing for the eventuality of a civil war is not like courting danger or wishing for it to happen. Rather, it is making sure that the family increases its survival rate when such event happens.

It is always better to be prepared for any emergency and if it does not happen at all, then who cares of the family has spent hundreds or perhaps even thousands for the emergency kit. It is all well worth it.

Tips for War Emergency Preparation



During the height of the cold war, the government made various programs to prepare its citizens for a nuclear holocaust. This included making bomb shelters hundreds of feet from the ground as well as teaching children to stay under the table in the event of an attack.

In 1989, the Cold War ended and this is no longer considered as a threat. Unfortunately, after 9/11, America is facing a new enemy. It is no longer a country that has a vast army capable of invading another nation. This foe is now fighting a guerilla war by conducting terrorist attacks both here and abroad.

There has not been a major strike on US soil since 2001. The intelligence communities of various nations have foiled such attempts even though there have been attempts such as the plan to bomb transatlantic from the UK.

Can anything be done to prepare for the next world war? Preventing the next biggest conflict is difficult but not impossible. Thermonuclear is just one way an attack will be carried out but the use of chemical and biological weapons is a bigger threat.



Many people may perish but following some tips for war emergency preparation may ensure the person's survival.

1. People go to the supermarket each week to replenish the food that was consumed. It wouldn't hurt to buy a few extra canned goods every so often because it will not spoil until it is opened.

2. Aside from food, having an ample supply of drinkable water will prevent dehydration. Plastic jugs can be purchased from the supermarket but if it is unsafe to go out, the people will have to get this from the faucet. It will be a good idea to add a purification tablet and boil this first to make sure it is safe to drink.

3. Having a first aid kit is always useful to treat wounds. The individual should check that it is complete at all times because no one can tell when this will be needed.

4. If people have to evacuate, it will be a good idea to bring food, water, a few extra clothes, flashlight, compass, matches, candy and an identification card. Everything should be packed in a backpack so everyone can move quickly to the nearest evacuation center.

5. The last tip for war emergency preparation is to be familiar with the disaster plans that have been made the federal government and city. Some states already have contingency plans in place. This has been announced in the Internet and on television and if this should happen, people should stay calm and slowly evacuate.

The tips mentioned are not only useful in the event of war but also when faced with a hurricane, an earthquake or any other natural calamity. This is because people who want to live through the crisis will do anything to see another day.

When the first plane crashed into the world trade center, everyone first thought it was an accident. As the second plane hit, everyone knew it was something worse.

It is now or never, prepare for home emergency



The fact of the matter is that not one person knows just exactly are the specific problems that could eventually result during a major and over all emergency. The best thing one could possibly do is make himself prepare for anything that could happen.

The following are some of the tips, advice and recommendation in order to amply prepare for an emergency. The following are from the emergency service from the California office of the Red Cross.

1- Water is life, life is water

As much as possible, try to keep a water supply of a gallon for every person each day and one that would be enough to go on for up to three to seven days.



Water should be kept in containers made of plastic. Also, make sure that you also have filters and tablets for the purposes of purification ready and available when needed.

2- Store food for you and your family

Food that is not as easily perishable should be stored for you and your family, and such foods must be enough to last you, your family, as well as your pets, for three days up until one week.

Examples of such foods are canned goods, powdered juices, boxed vegetables and food.

3- Have an alternative

It is always a wise idea to have a cooking source that could serve as an alternative besides the usual electric stove you may be used to.

Having a ready barbecue stove or a propane stove on hand is the best recourse if in case the electricity goes out or if gas becomes no longer available.

However, if you are to utilize propane, ensure that the tank is completely full and that an extra propane tank is also available.

4- Collect clothes

Have a ready and available stock of clothes for your kids and yourself as well as sleeping bags.

5- Collect wood

Having a steady supply of good wood is also a good idea as these could be used for those fireplaces or for stoves that use wood for burning.



6- Have a light

A flashlight is the item that you simply could not do without especially during emergencies. Try to consider using recharging through solar means as well as units that are cranked by hand. This is in order to avoid any future worries on batteries.

7- Keep prescriptions

As much as possible, try to keep any prescriptions that you or your family member may have filled. Also, try to maintain an added supply of medication both non-prescription and prescribed ones.

Contact your healthcare provider for any refill prescriptions in advance.

8- Have cash and some gas

Credit is good unless there is an emergency. Try to keep ready cash just in case the atm's fail or the system of your bank is not working.

Also, it is best if you keep the gas tank of your car half full. This is so to avoid the long lines in gas stations.

9- Have books

During emergencies, it could be safe to have some books and some board games available to entertain yourself during power failure.

10 -Know the neighbor

It is also better if you acquaint yourself with the neighbors you have in your area. There could be instances wherein you ay need each other's help if ever the basic services are somewhat interrupted.

All in all, preparation is always the best cure against any unexpected circumstance that an emergency might bring.

Importance of climate change emergency preparation



The world is getting smaller everyday because of the technological advancements of mankind. However, the same factors responsible for making human life and the human race better is also responsible for the degradation of the environment.

Man has been exposed to a more comfortable life and he wants more. He may have everything he needs to live a better and more comfortable life but he is becoming greedy to the point of wanting more than what Mother Nature can afford.

The environmental disasters that are reported in different countries almost every day should serve as a wake-up call to humanity that perhaps, they should now be more considerate of the environment. Mother Nature may be generous but she can also become angry and vindictive when she has reached the saturation point.

The strong **typhoon**, **earthquake**, **soil erosion** leading to the collapse of residential areas are just some of the common disasters that are actually caused by men. Illegal logging, the throwing of industrial wastes in the rivers, increased used of **un-biodegradable** materials are only among the few **sins** mankind has committed against nature.



Evidence will point out to the fact that environmental retribution will most likely behold mankind soon and he should be prepared for a major disaster brought about by climate change anytime now or in the future.

The issue on the greenhouse effect is not just propaganda in order for environmentalist groups to earn their funding requirement. Global warming is upon us and this can be gleamed from the major environmental changes like too much heat, too much cold and other phenomenon that mankind is faced with.

But no matter what mankind does now, he can ever revert global warming; he can only delay it. What is important is mankind knows the possible effects of climate change and what can be done to alleviate the negative effects.

Climate change can lead to emergencies like the increasing level of the sea water, forest fires and other manifestations. When this happens, the scientists and world leaders should have an emergency program that they can implement to make sure that lives are not lost and properties are not wasted.

The first thing to do is to launch a massive **information campaign** to make the whole world aware of what is happening in the environment as a result of climate change. People should know what to expect in terms of the possible environmental disasters as well as the possible diseases that may be caused by climate change.

The best emergency preparation kit for people all over the world is **knowledge**. Knowledge on what is about to befall them once the effects of climate change becomes manifest in our environment would help societies lessen the brunt of the anger of Mother Nature.

Every country should prepare for any emergency brought about by climate change. Even the first world countries that have all the technology would have a hard time facing this disaster. How much more the third world countries that is not even past the problem of providing food resources for their citizens?

Every household should be taught how to prepare for climate change emergencies. They should no longer rely on their governments to see them through the effects of climate change because once that happens, there may be a possibility that even government will become debilitated to act.

Everyone has to act now. They do not have a choice.

Tips for Emergency Preparation during Severe Climate Changes

Tips for preparing for hurricanes and storms



1- Check your house

Our house is our sanctuary during storms; thus, we need to regularly check the integrity of our roofs, walls, etc even before the hurricane season arrives. Since our house is our only defense against heavy rains and strong winds, we need to ensure that it can withstand severe weather conditions, especially if we live in hurricane prone areas.

Once a hurricane warning has been issued, we need to start boarding up our windows and doors. We also need to shut off our gas and electricity and make sure that all objects that can fall or fly around must be removed.

2- Prepare for provisions

When a hurricane warning has been issued, you need to make sure that you and your family has enough water and food to last for days. Be sure that the food you will be stocking up are those that can be eaten even without cooking and does not need to be refrigerated. Moreover, you need to make sure that you have enough potable water for you and your family.



Aside from food, you need to prepare for candles, matches, flashlights and batteries. In order for you to be always informed on what is happening, you need to have a battery-operated radio available.

3- Heed government warnings

If the government has called for an evacuation, do not think twice. Follow the advice of the government. Just make sure that your home is properly secured before you leave.

4- Tips for preparing for heat wave

Extremely hot weather can be dangerous, particularly for young children, old people, and those with certain health conditions, such as mental illness, heart and breathing problems.

4- Listen to the news

We need to closely monitor the situation and wait for warnings and bulletins issued by the government. Many people have died because they did not know that there is a heat wave and it was unsafe for them to go out during the hottest part of the day.

5- Stay out of the sun

It is really advisable to stay indoors when there is a heat wave. If you must go out, you need to ensure that you are wearing proper clothing and have a protection against the sun, such as a hat or an umbrella. You also need to schedule your day well so that you will be indoors from 11pm to 3pm, the hottest part of the day.

6- Shower up

Take a cold bath or shower several times a day. If you cannot do that, just wash your face and nape with cool water occasionally or whenever you feel hot.

7- Regularly check on your elderly relatives and neighbors



Old people are usually the ones who succumb to heat wave, thus you need to check your old relatives or neighbors once in a while. See if they are drinking plenty of water and are feeling well. If you cannot physically visit them, you can always call them during the day and constantly remind them to follow health bulletins for heat wave.

Tips on earthquake emergency preparation

1- Stay Alive: Earthquake Emergency Preparation Tips

Earthquakes are among the most devastating natural disasters. What makes it more annihilating is the fact that there is no precise way of predicting when an earthquake may occur. The most effective tactic to minimize the effects of earthquakes in human lives is to make adequate earthquake emergency preparations.

During an earthquake, you will feel the ground shaking or rolling. If the movement of the Earth's crust is really violent, you might even hear the ground rumbling or roaring. These earthquake characteristics may cause you to panic and eventually jeopardize your chance of survival. While strong and devastating earthquakes seldom happen, even in places located in the Earth's ring of fire, it is imperative that you have an emergency plan so that you and your family can stay safe. Here are a few pointers to remember to keep you prepared for an earthquake.

2- Practice Makes Safety

The key to being safe during an earthquake is having quick reaction. As soon as the ground shakes violently, you should know what to do as if by instincts. To be able to react fast during earthquakes, you must regularly conduct earthquake drills. This will keep you on your feet when the real thing comes.

3- Plan Your Home Structure

If you are living in a place that is frequented by earthquakes, you must plan your home in such a way that it will not become your deathbed. Use light materials for your home and provide ample exit ways to run to during emergencies. Collapsing home and building materials commonly cause injuries and deaths during earthquakes; and to avoid this, you



must make sure that most of your home structure and appliances are not heavy enough to crush you.

Make sure also that your place has strong doorways or doorframes; as statistically these places are the most likely places that can withstand earthquakes. Fasten tall and heavy fixtures to the wall. And ensure that your cabinets have latches so that whatever they contain will not fall out during an earthquake.

4- Plan for Everybody

Everybody in your office or home should know your emergency plan for an earthquake. Make sure that everybody understands the procedures to perform whenever the big shaker happens. Coordination is an important survival aspect particularly after the earthquake.

5- Know Your Place

Knowing where to run and hide for cover during an earthquake may save your life and limbs. Learn the safe spots of your home or office. And practice going to these safe spots so that you can immediately react by going into these places during an actual earthquake.

Also plan a meeting place for your officemates or family where all of you can gather yourselves up after an earthquake.

6- Delegate Responsibilities

In your office or within your family, assign duties that everybody must perform during earthquakes. Earthquake preparation should never be a one-man job. Your officemates and family members should be made to understand of what to do, especially if you are not with them during an earthquake.

7- Have Emergency Kits on Standby

Finally, you must have a number of emergency kits ready in the office or at home. These kits must have the bare essentials that can help preserve life during emergencies. From drinking water, food, to first aid materials, your emergency kits will be your lifelines. Make sure that everybody knows where these emergency kits are kept.

Prepare for a flood the best way you could



The following are few tips and advice you could do in order to prepare yourself for any flood inevitability.

1- Expect the expected

It is important that you clearly understand and that you are aware of any damages that a flood could cause. Some of these inevitabilities include boulders that are rolling, trees that are ripped right out from the ground, buildings that are destroyed as well as bridges, sliding debris.

2- Do not be afraid to ask

It is also vital that you ask around your local zoning and planning office as to whether the property you are on is below the level of the flood or above it. Also, it is always good to know if the area you are in has had a history of being flooded.

This knowledge helps a lot in the preparation of activities and tasks to do in case if a flood does hit.

3- Familiarize yourself

In your own community, it is best that you familiarize yourself in any or all of the warning signals or signs whenever a flood does occur.

4- Learn, learn, and learn

Know what your community's plans for evacuation are. This helps you prepare yourself as well as your family and friends as on what to do as well as the step by step drill.

5- Have insurance

It helps if you have insurance that is tailored particularly when a flood occurs. Believe it or not, the insurance usually associated with home owners will really not be able to reimburse any damages you may have that are caused by floods.

6- Keep all vital documents

These documents include any policies for insurance, passports, birth certificates, etc.

All these papers should – as much as possible – be kept in a box that is waterproof and one which could be accessed easily.

7- Move, move and move

If in case your fireplace, furnace, electricity panel or water heater is in the basement or 1st floor of your house, you could consider moving it up the attic.

In that way it will be a lot less probable for these to be damaged by raging floodwaters.

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