This is a document version of all of the slide text for the workshop presentation formatted for screen readers. This document does not use tables or text boxes. This document also includes graphic descriptions for slides that have graphics. Some slides in the presentation slide deck are optional. This document includes all optional slides. Note that facilitators may opt to not use optional slides, or they may relocate optional slides when teaching.

Slide One:

Title: Bunker Not Required.

Reasonable steps towards emergency preparedness and resilience for individuals, households, and communities.

Slide Two:

Learning Objectives

1. Understand what it means to have a healthy relationship with emergency preparedness
2. Understand how to prepare with an “all hazards” approach
3. Understand your role in preparedness as an individual, a household, and a community member
4. Understand how emergency or disaster timeframes affect preparedness
5. Begin your emergency preparedness planning process

Slide Three:

Agenda (Break between each section)

1. Preparedness 101
2. Workshop: build your preparedness plan & discussion
3. Improving basic preparedness
4. Closing discussion & establishing next steps

Slide Four:

Introductions

1. Name
2. Location
3. What do you hope to get out of this workshop?

Slide Five:

What is an emergency? Chart text has two columns, one lists characteristics of an emergency and one has a list of characteristics for disasters.

Emergency:

1. Routine or common event
2. Short duration
3. Resources available
4. Does not overwhelm systems
5. Can include personal emergencies like theft, injury, deaths in the family, etc.

Disaster:

1. Less common than emergencies
2. Not enough resources locally
3. Can overwhelm systems
4. Can be long term
5. Increased recovery time

Slide six:

Reflection.

Write down, record or think about one skill or strength that you have used in a high-stress scenario, an emergency, or a disaster.

Slide seven:

Healthy Preparation and Resilience vs. Unhealthy Preparation. Chart text has two columns, one lists characteristics of healthy prep and one has a list of characteristics of unhealthy prep.

Healthy Prep

1. Feeling more safe and secure
2. Does not induce anxiety
3. Feeling more connected to your community and household members
4. Can transform your habits and lifestyle in positive ways
5. Focuses on skills as well as stuff

Unhealthy Prep

1. Becoming more isolated as you prepare
2. Extremes: feeling paranoid or feeling invincible
3. Disconnects you from your community
4. Focuses on preparing for niche, unrealistic, or world-ending scenarios
5. Can include focusing on conspiracies
6. You feel insecure without specific stuff

Slide eight:

Climate change and preparedness.

Slide has a large graphic that shows how climate change impacts disasters and public health.

Graphic title: How does climate change affect health?

Rising greenhouse gas levels heat the global atmosphere and acidify oceans.

As a result of a hotter atmosphere and acidic oceans, we can observe the following changes:

1. Affects plant and animal growth
2. Extreme healthier and climate events
3. Rising sea levels and warmers oceans

Climate sensitive health risks. These three key impacts of climate change affect human health in the following ways:

1. Air quality.
2. Food and water security.
3. Disease.
4. Extreme heat and weather.
5. Social impacts.

Slide nine:

All hazards approach to preparedness.

Focus on capacities and capabilities, NOT planning for every potential emergency.

Focus on disasters or emergencies that are likely in your geographic area.

Graphic Text:

12 Areas of Preparedness:

1. Shelter, Clothing and Fire
2. Water
3. Food
4. Hygiene and Sanitation
5. Light and Power
6. Communication
7. Safety and Security
8. Tools and Personal Items
9. Cooking
10. Important Documents and Money
11. Transportation and Navigation

Slide ten:

Who prepares for emergencies?

Graphic description: This slide has a graphic of the socioecological model of health.

Graphic Text:

Outer ring. Policy & Societal.

Second outer-most ring. Community.

Third outer-most ring. Interpersonal.

Inner most ring. Individual.

Additional description: This model has four concentric circles to illustrate how different factors shape our health. Policy & societal issues shape our communities, interpersonal relationships, and individual health. Community environments, attitudes, and social support networks affect our interpersonal relationships, and individual health. Interpersonal connections shape our social support systems and individual health. Our individual health is shaped by our specific medial, social, or other demographic traits as well as our interpersonal relationships, our communities, and broad policy and societal issues.

Slide eleven:

A framework for personal preparedness: three bad days, three bad weeks, and three bad months.

The timeframe of an emergency or disaster will determine the type of response you have, and the number of people involved in building resilience.

Graphic description: The slide has a copy of the socioecological model of health as described in the previous slide. Alongside the graphic, there are three arrows, which show how time frames affect the number of people who will be involved in helping one another through emergencies or disasters.

There is an arrow that says “Three bad months.” This arrow points to the community ring in the socioecological model of health.

There is an arrow that says “Three bad weeks.” This arrow points to the interpersonal ring in the socioecological model of health.

There is an arrow that says “Three bad days.” This arrow points to the individual ring in the socioecological model of health.

Slide twelve:

Break. This is an optional slide.

Slide thirteen:

3 Bad Days: Acute emergencies

Examples of acute emergencies

1. Brief power outage
2. Acute weather event
3. Evacuations
4. Infrastructure disruptions like internet outages, unexpected road closures, water pressure loss, etc.

Preparedness

1. Minimal additional purchases
2. Doesn’t need to be perfect
3. Ensure you have a temporary backup plan for vital resources
4. Focus on common hazards in your area first

Slide fourteen:

This slide has a video. This is an optional slide.

Slide title: What not to do for “3 day” prep.

Slide text: In this video Cath & Dave prepare for one day of hiking.

Audio description summary of video: Two characters named Cath and Dave begin the sketch sitting at a table in the morning light. Throughout the video they have a discussion about items they need to purchase. There are multiple jump cuts as they purchase additional items for their hiking trip. The final frame of the video shows the characters beginning their hike in the early evening.

[Video link](https://www.youtube.com/watch?v=R3SFqV0hMyo)

Slide fifteen:

3 Bad Days Sample Plan. This is an optional slide with a table on it showing a sample plan.

Three bad days sample plan text:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles

Necessary Skills: Kids know not to use matches alone

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Battery pack for camping & car chargers

Necessary Skills: Kids are comfortable using puzzles and games after devices run out of power

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Keep fridge closed

Necessary Skills: Keep water & coin in freezer (coin sits on top of frozen water; if we see that the coin has sunk, we know that the freezer has lost power)

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Phones & 5G

Necessary Skills: Kids are comfortable using puzzles and games when there isn't internet

Slide sixteen:

Activity.

Pick one area of preparedness and fill out your worksheet for “3 bad days”. There is a screen reader accessible version of this worksheet in the accessibility tools folder. It is worksheet one in the screen reader accessible student workbook.

Slide seventeen:

3 Bad Weeks: Hunker down with your household.

Examples of three week scenarios

1. Quarantine or unexpected communicable disease incident
2. Extended weather events that impede travel and confine you to your home or neighborhood (Flooding, blizzards)
3. Extreme weather or temperatures that last a week or longer (heat wave, polar vortex)

Preparedness

1. Lifestyle change that includes having approximately a month of supplies which you rotate out
2. Practice using any preparedness items or gear regularly
3. Think about water sources & purification methods rather than stocking 3 weeks of water

Slide eighteen:

This slide has a video. This is an optional slide.

Slide title: Considering comfort for 3 week prep

Slide text: Fred realizes the importance of comfort in preparedness…

Audio description summary of video: Two characters named Fred and Carrie start the sketch at their table. There is an earthquake, which prompts the characters to change locations to a store called “Disaster hut”. At the store they meet with a clerk, who tells them about the different options for the things they can buy to prepare for future emergencies.

[Video Link](https://www.youtube.com/watch?v=QsJSvOPuunM&t=1s)

Slide nineteen:

3 Bad Weeks Sample Plan. This is an optional slide with a table on it showing a sample plan.

Three bad weeks sample plan text:

Three bad weeks sample plan:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles, propane generator for lights

Necessary Skills: Kids know not to use matches alone, adults comfortable with generator

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Propane generator

Necessary Skills: Kids understand that longer power disruptions means no devices sometimes

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Camp stove instead of oven, use up cold food asap, then rely on shelf stable supplies

Necessary Skills: Comfortable using the camp stove

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Local library, relying on 5G or hotspot, have hard copies of important documents

Necessary Skills: Kids are comfortable using puzzles and games when there isn't internet

Slide twenty:

Activity.

Pick one area of preparedness and fill out your worksheet for “3 bad weeks”. There is a screen reader accessible version of this worksheet in the accessibility tools folder. It is worksheet one in the screen reader accessible student workbook.

Slide twenty one:

Bad Months: Community transformation & resilience.

Examples

1. Long term power issues of infrastructure damage (ex: Hurricane Maria 181 day outage)
2. Long term medical emergencies (ex: COVID-19)

Preparedness

1. Lifestyle shift (this will take time!)
2. Longer term supplies of food, medical, power sources, etc. that you rotate out
3. Building skills like foraging, hunting, gardening, mending, first aid, etc.
4. Understand the skills of your community members
5. Community connectedness and teamwork
6. Community is collectively aware that preparedness is important

Slide twenty two:

This slide has a video. This is an optional slide.

Slide title: Community & inventory for 3 month prep

Slide text: Dwight shows us what happens if you don’t rotate supplies & shows us how unhealthy preparation can be detrimental to community resilience…

Audio description summary of video: In this video several characters are in the breakroom in an office building. One character, Dwight, is eating large cans of food that are about to expire. The office workers discuss his meal and his rationale for how he stocks his survival bunker.

[Video Link](https://www.youtube.com/watch?v=oKGWtKeKdmQ)

Slide twenty three:

3 Bad Months Sample Plan. This is an optional slide with a table on it showing a sample plan.

Three bad months sample plan text:

Three bad months sample plan:

If your power was off, how will you...Have light?

Answer:

Necessary Stuff: Flashlights & candles, propane generator for lights

Necessary Skills: Adjust to using daylight as much as possible, Kids know not to use matches alone, adults comfortable with generator

If your power was off, how will you...Have power to charge devices with batteries?

Answer:

Necessary Stuff: Propane generator & extra fuel, as well as communication with neighbors to ensure the most vital power needs are met (medical devices are highest priority).

Necessary Skills: Kids & adults will need to transition to no devices for entertainment if fuel starts to run low.

If your power was off, how will you...Have power to run other appliances or items that cannot hold a charge?

Answer:

Necessary Stuff: Camp stove instead of oven, use up cold food asap, then rely on shelf stable supplies

Necessary Skills: Comfortable using the camp stove, comfortable relying on the food in long term storage like dry beans. Ensure that Carol down the road has adequate fuel for her son's nighttime heart monitor. Support community-wide preparation by helping people plan.

If your power was off, how will you...Have internet access?

Answer:

Necessary Stuff: Games, entertainment, and communication methods (phone and radio) that do not need internet

Necessary Skills: Whole family and community are more connected for social support and skill sharing. Suzanne down the block is a nurse and can help with any medical concerns that we cannot look up right away.

Slide twenty four:

Activity.

In groups, discuss your personal skills and resources. Discuss the types of things you could contribute to your community in a “3 bad months” scenario.

Slide twenty five:

Activity.

Pick one area of preparedness and fill out your worksheet for “3 bad months” with your group.

Slide twenty six:

Break. This is an optional slide.

Slide twenty seven:

Improving your preparedness before and after emergencies. Chart text has two columns, one lists ways you can improve your preparedness after emergencies and one has a list of ways you can prepare with training and practice before emergencies.

Reflect & Improve After Emergencies.

Ask yourself…

1. What went well?
2. What could be improved?
3. How can I address areas for improvement?

Training & Practice

1. Training: First aid, CPR, etc.
2. Practice: home fire drills, camping to test gear, etc.
3. Preparedness and skill building can and can have positive benefits to your life beyond emergency preparedness

Slide twenty eight:

Activity.

In your group, discuss a time that you went through an emergency. Reflect on that experience and discuss one thing that went well and one thing you wish you could have done differently.

Slide twenty nine:

Information

An important aspect of preparedness is staying informed on potential emergencies.

Resources (Links):

1. [CDC](https://www.cdc.gov)
2. [NOAA](https://www.noaa.gov)
3. [Weather](https://www.weather.gov)
4. [Air Quality](https://gispub.epa.gov/airnow)

Slide thirty:

Break. This is an optional slide.

Slide thirty one:

Create a to-do list with three items

1. One to-do for your 3 day preparedness
2. One to-do for your 3 week preparedness
3. One to-do for your 3 month preparedness

Slide thirty two:

Closing discussion questions

1. What is one thing you will do to improve your personal preparedness after this workshop?
2. Who is one person you will talk to in your community or household to improve your community preparedness?
3. What is one thing you can do to maintain your emotional and mental resilience during a time of stress and change?

Slide thirty three:

This slide has a video. This is an optional slide. This slide can go anywhere in the presentation as needed, useful to re-engage groups during lecture-heavy portions or after breaks and/or to give participants extra time to return from breaks.

Slide title: Creativity and Resilience

Slide text: Functional fixedness describes why an individual develops an inability to use an object in more ways than it is traditionally intended to be used. In groups, discuss how overcoming functional fixedness and creativity can play a role in resilience to emergencies and disasters, especially as we move into “three bad months” timeframes…

Audio description summary of video: In this video, two young siblings Carmen and Juni are in a high-tech treehouse. They discuss a box of new spy gadgets with their uncle Machete, who is an inventor of gadgets.

[Video Link](https://www.youtube.com/watch?v=AzGePmv0GD8)