**Areas of Preparedness**

* **Light & Power**
  + **If your power was off, how will you...**
    - Have light?
    - Have power to charge devices with batteries?
    - Have power to run other appliances or items that cannot hold a charge?
    - Have internet access?
* **Water**
  + **If your water source was suddenly not working, how would you...**
    - Have access to clean drinking water?
    - Wash or clean your hands?
    - Have access to water for bathing, washing, or cleaning?
    - Have access to water for cooking?
    - Have access to water for other uses?
* **Hygiene & Sanitation**
  + **If you suddenly lost access to trash disposal, sewage disposal, or other routine sanitation methods, how would you...**
    - Go #1?
    - Go #2?
    - Wash or clean your hands?
    - Dispose of or use menstrual products?
    - Dispose of or store trash? (Here, you can also think about how you might adjust your lifestyle to produce less waste)
* **Shelter & Clothing**
  + **If your home was suddenly damaged or unavailable, how might you deal with...**
    - Needing to create a temporary shelter?
    - Needing to dress for severe cold?
    - Needing to dress for severe heat?
    - Needing to dress for wet conditions?
    - Needing work boots & work gloves?
  + **If I had to evacuate my home, how can I secure my home against smoke, fire, wind, or water?**
* **Safety & Security**
  + **If there were a physical threat to your safety, how might you prepare for...**
    - Needing to shelter in place for severe weather or external disaster?
    - Needing to shelter in place for a man-made threat? (Active shooter, etc.)
    - Home security (locks, windows, doors, etc.)
    - Needing home or self-defense from a person or animal?
    - Meeting in a common place in the event of a home evacuation?
* **Communication**
  + **In the event of an emergency, how would you...**
    - Get news updates while you are away from your home?
    - Get news updates while you are inside your home?
    - Communicate with family or friends?
    - Communicate with work?
    - Communicate with first responders?
    - Communicate if your primary source of communication (internet, phone, etc.) was suddenly unavailable?
  + **Consider how you can plan to protect yourself against misinformation or disinformation. How can you prepare for someone you know telling you unreliable information about emergencies?**
* **Food**
  + **If you could not go to the store to purchase food, consider how you would store or cook...**
    - Meat or protein source?
    - Fiber-rich foods (fruits, vegetables, whole grains)?
    - Carbohydrates (grains, cereals, bread, flour)?
    - Vitamin and mineral-rich foods (fruits, vegetables)?
    - Supplements (meal replacements, vitamins, fiber supplements, etc.)?
    - Food for pets or livestock?
* **Cooking & Food safety**
  + **If your typical cooking method was suddenly unavailable, how would you...**
    - Cook without power?
    - Cook without water?
    - Cook with alternate appliances to your main oven/stove?
    - Store food without power?
    - Ensure that food is properly cooked or stored in a scenario where you do not have access to power (food thermometers, thermometers for freezers, etc.)?
* **Transportation & Navigation**
  + **If you were suddenly unable to use your main source of transportation, how would you...**
    - Travel a short distance?
    - Travel a moderate distance?
    - Travel a far distance?
    - Cope with a blocked road that means traveling beyond your neighborhood is impossible? (Consider typical hazards in your area; for example, if you do not experience flooding, you should not focus on navigating water barriers.)
  + **If you were suddenly unable to use a GPS, how would you navigate to an unfamiliar destination?**
* **Heating, Cooling & Fire**
  + **If you were suddenly unable to access your typical heating or cooling, how would you...**
    - Light a fire?
    - Keep warm during extremely cold weather?
    - Keep cool during extremely hot weather?
* **Important Documents & Money**
  + **In order to protect important documents, make a plan for having...**
    - Digital document secure storage
    - Digital document backup storage
    - Cybersecurity (password quality, password managers, update installations, antivirus software, etc.)
    - Secure location for hard copies that would be safe from environmental damage like fire or water
    - Backup copies that could be used if original hard copies are lost or damaged
  + **If you were unable to use or access your main source of money (cash, card, etc.), what backup plans do you have in place?**
  + **If you had to evacuate quickly, how could you ensure that you have some access to money for necessary items?**
* **Medical & First Aid**
  + **If you suddenly lost access to a medical provider or hospital, what supplies and strategies do you need for...**
    - Handwashing and cleanliness?
    - First aid supplies?
    - Mental and emotional wellness?
    - Strategies to prevent dehydration (including treating vomiting/diarrhea)?
    - Specific medical conditions, chronic illnesses, or disabilities that you or a household member has?
  + **In the event of an outbreak or seriously ill household member, consider the following supplies...**
    - PPE (Gloves, masks, face shields, etc.)
    - Sanitation materials (alcohol, bleach, etc.)
    - Access to quality information (CDC, health departments, etc.)
  + **If you had to quarantine from a member of your household, how would you create a separate space with physical barriers or PPE?**
* **Tools & Personal Items**
  + **In an emergency, you may need specific personal items or specific equipment not covered in other categories. What personal items will you need to consider...**
    - In the event of evacuation?
    - In the event of a man-made threat or hazard?
    - In the event of an external or environmental emergency?

Directions: Pick one Area of Preparedness and answer the questions below

| Area of Preparedness: |  | |
| --- | --- | --- |
|  | Skills | Stuff |
| 3 Bad Days |  |  |
| 3 Bad Weeks |  |  |
| 3 Bad Months |  |  |