

GOOD STUFF monthly ®

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SUMMER ISSUE: “7 IS THE NEW 3”

ARE YOU PREPARED FOR AN EMERGENCY? IF NOT...

EMERGENCY PREPAREDNESS IN ONE AFTERNOON!

The RED CROSS has declared that we all need 7 days worth of emergency supplies, instead of the 3 days worth as previously suggested, **“One of the lessons Hurricane Katrina taught us was that having three days of emergency supplies wasn’t enough.”**

Don’t stress if you haven’t prepared for even 3 days. Here’s how to prepare yourself, your pet and your family in just one afternoon!

1. Prepare ONLINE first.

Print out helpful information from emergency preparation websites.

Here are a few to get you started: The RED CROSS (redcross.org) and The GOVERNOR’S OFFICE OF EMERGENCY SERVICES (oes.ca.gov).

Check our website monthly or email goodstuff@ScriptChanges.com to receive GOOD STUFF every month!



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EMERGENCY PREPAREDNESS IN ONE AFTERNOON!



2. DON'T PANIC.

You can NOT possibly prepare for every emergency.

You CAN, however, devote one afternoon to the most important items that will make your life easier in a disaster.

3. PRIORITIZE!

Depending upon where you live, what emergencies you're preparing for and how many people and pets are in your family, make a list of the top 3 or 5 or 10 items that you can shop for in one afternoon.

YOU DON'T HAVE TO DO IT ALL. If you only do 1 thing, that's great!

4. USE MY LIST TO HELP YOU GET STARTED.

It can seem overwhelming, so use my list to inspire ideas for your situation.



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5. KARIN'S LIST

How many in the family? Two adults and one dog.

How many cars? Two.

Where do you spend most of your time? HOUSE – Karin has a home office
John's ON THE ROAD for his job as Tour Manager.

Top 4 priorities? Water, food in car, First Aid, ID & money.

6. WHAT MAKES SENSE FOR YOU?

Water is the number one priority for everyone because you need water to survive.



I have enough in my house for 7 days. We may grow sick of canned tuna and corn, but we'll survive. I keep enough pet food anyway so I never run out.

First Aid is on my list because there's nothing more important than your health.

ID & money is the third priority because if I survive the emergency, I'll need those two items to start getting my life back in order.



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7. MAKE YOUR PERSONAL SHOPPING LIST

Based upon our personal list and priorities, there are 3 family members to care for in 4 places.

My PERSONAL SHOPPING LIST:

- * Water for home & cars.
- * Food for cars.
- * First aid for home, cars & travel.
- * Money & ID for home, cars & travel.

8. GO SHOPPING!

Finding a large shopping mall isn't a problem in L.A. or [you can shop online!](#)

For example, I require: Trader Joes, Target, Kinko's, grocery store, drugstore, pet store, camping or marine store, bank.

9. WHAT I BOUGHT AND WHERE:

* **TARGET:** Backpacks for each family member (3) and one for each car (2). You'll need something to store your supplies in!

* **WEST MARINE:** I bought four large (5 gallon) water containers at West Marine. We'll store drinking water in two and tap water for cleaning, etc. in the other.



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9. WHAT I BOUGHT AND WHERE (CONT'D)

***TRADER JOE'S:** Large water bottles for each car and 1 box of power bars for each car & for home/travel.

***DRUGSTORE:** Basic first aid supplies. Hydrogen peroxide, antibiotic ointment, gauze, tape, band aids.

***GROCERY STORE:** Thickest and most durable zip-loc bags. You'll store first aid supplies and money/ID in them.

***KINKOS:** Made copies of our Driver's Licenses for ID purposes copies of pet's recent shots, important prescriptions, etc. and had everything laminated.

***BANK:** Got a mix of 1's, 5's, 10's, 20's. Will keep some in car and home. Remember that ATMs will not work when the electricity goes out!

***PET STORE:** Canned food & portable water bowls to keep in both cars.

10. CONGRATULATIONS! YOU'RE PREPARED!

Sure, you've just done the minimum but you've started. Most importantly, you found out it wasn't that hard!

Schedule one afternoon per month to devote to getting further prepared according to the helpful information you downloaded. Twice a year, at Daylight Saving Time, for example, update all your emergency supplies. Switch out food, water, update paperwork, etc.



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