It can be overwhelming knowing how to start your preparedness program at home.

- **How long to plan for** – use this website to calculate how many days you should plan for. [https://www.opb.org/news/widget/after-shock-find-your-cascadia-earthquake-story/](https://www.opb.org/news/widget/after-shock-find-your-cascadia-earthquake-story/)

- **Make a plan** – develop a plan/schedule on how you are going to prepare. Decide what you will do first and then follow your plan.

- **Reduce your risk** – as you plan, look at what your risks are (evacuation, sheltering, power outage, …) and how you can reduce the affect of these risks.

- **Research** – use the web, friends, or other family members to find out what products are available and what will work for your plan.

- **Start slowly** – don’t overwhelm yourself. Purchase a little bit each month. Maybe work on one topic for a few months, then switch to another one.

### Additional resources:
http://emergency.oregonstate.edu/preparedness-topics

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**Rule of 3’s**

These guidelines can help prioritize what to prepare for first.

**You can live:**

- **3 seconds without blood**
  - Build a first aid kit

- **3 minutes without air**
  - Take a first aid course

- **3 hours without shelter**
  - Have a poncho and space blanket for immediate needs
  - Think about tents, tarps, sleeping bags
  - Think about summer vs winter

- **3 days without water**
  - Quantity – Have enough on hand for the estimated need (1 gal per person per day)
  - Quality – Have a method to purify water

- **3 weeks without food**
  - Have a mix of food – some that you can eat with no preparation, other that requires heat and cooking