



MONTHLY PREPAREDNESS TOPIC

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/aftershock-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, etc.) 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

Guide to Preparedness Planning

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

Additional resources:

<http://emergency.oregonstate.edu/preparedness-topics>



Oregon State
University