

MONTHLY PREPAREDNESS GUIDEPOST

PREPAREDNESS PLANNING



Oregon State
University



Rule of 3's

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
 - Think about tents, tarps, and sleeping bags
 - Have a poncho and space blanket for immediate needs
- **3 days** without water
 - Have 1 gallon of water/person/day and a way to purify the water
- **3 weeks** without food
 - Have a mix of food for different cooking methods



Make a Plan

Step 1: Create an emergency plan

- How will I receive emergency alerts and warnings?
- What is my shelter?
- What is my evacuation route?
- What is my communication plan?

Step 2: Consider specific needs

- Tailor your plan to specific daily living needs like dietary needs, pets, and medical needs

Step 3: Practice your plan

Safety Skills

- Learn First Aid and CPR
- Learn how to use a fire extinguisher
- Know how to shut off utilities
 - Natural gas: leaks and explosions account for many fires after disasters
 - Water: Water becomes a valuable resource during disaster
 - Electricity: sparks can potentially light gas if it is leaking

For more information on preparedness planning visit:

<https://emergency.oregonstate.edu/emergency-management/preparedness-topics>

<https://haz.guide/40>

<https://www.ready.gov/>