



**LifeSmarts**  
*Learn it. Live it.*

## Key Points

### KNOW YOUR RISKS

Understand the potential disasters that can affect your area—like floods, earthquakes, and storms—so you can plan accordingly.

### BUILD A PREPAREDNESS PLAN

Create a family emergency plan, including communication strategies, evacuation routes, and designated meeting places to ensure everyone's safety.

### ASSEMBLE AN EMERGENCY KIT

Stock essential supplies—like food, water, PPE, and first aid—in a kit that's easily accessible for quick use in an emergency.

## Core Concepts

### MITIGATION AND RISK REDUCTION

Focus on actions that reduce the impact of disasters, like securing heavy furniture, reinforcing your home, and maintaining insurance coverage.

### EVACUATION & SHELTER-IN-PLACE PROCEDURES

Know when to evacuate versus shelter-in-place based on the type of disaster. Familiarize yourself with local shelter locations and evacuation routes. Do evacuation drills regularly and prepare “go bags” for each family member, containing essentials for at least 72 hours.

### EMERGENCY COMMUNICATION

Establish a communication plan, including phone contacts, WEA alerts, and local emergency radio stations, to stay informed during a disaster.

### DISASTER RECOVERY AND ASSISTANCE

Understand available resources like FEMA assistance, SBA loans, and community support networks for financial and emotional recovery after a disaster.

### STRESS MANAGEMENT AND RESILIENCE

Recognize signs of disaster-related stress and seek support from community resources, resilience training, and family support systems to maintain mental health and well-being.

# Disaster Preparedness

## Additional Resources

### American Red Cross – Disaster Supply Kit

Step-by-step guide to building an emergency kit, including recommended supplies and tips for storage

<https://rdcrss.org/3J9ae0g>

### Ready.gov – Are You Ready? (Download)

Comprehensive guide on how best to prepare for disasters within your family and community

<https://bit.ly/3UID5Rn>

### CDC – Preparing for an Emergency

Centers for Disease Control and Prevention tips on staying healthy and safe during emergencies

<https://bit.ly/4lfX8vt>

### YouTube - 20 ITEMS You NEED in a 72 hour Survival Kit

Take a look inside one family's emergency bags

<https://bit.ly/3H1SOSM>

## Listen to the Podcast



## Explore and Explain

1. Why do experts recommend having at least 3 days of emergency supplies at home, and what types of items should be included?
2. How can communities take action before a disaster strikes to protect people and property?
3. Why might emergency response strategies vary depending on where someone lives?
4. How are natural disasters and extreme weather events expected to change in the future?

*Disaster preparedness is more than just stocking up—it's about understanding risk, building resilience, and knowing how to stay safe when systems fail.*

## Disaster Preparedness



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## Acronyms

### **CPR**

Cardiopulmonary Resuscitation

### **FEMA**

Federal Emergency Mgmt Agency

### **NIMS**

National Incident Management System

### **NOAA**

National Oceanic and Atmospheric Association

### **PPE**

Personal Protective Equipment

## Vocabulary

### **CONTINUITY PLAN**

A strategy that helps an organization or household keep essential operations running during and after a disaster

### **CRITICAL INFRASTRUCTURE**

Systems and services essential to daily life, such as electricity, water, transportation, and healthcare

### **EMERGENCY KIT**

A set of supplies, like food, water, and a flashlight, kept ready in case of a disaster

### **EVACUATION ROUTE**

A planned path to safely leave an area during a natural disaster, fire, or emergency

### **HAZARD**

Anything with the potential to cause harm, such as floods or wildfires

### **MITIGATION**

Steps taken before a disaster to reduce damage or harm

### **NONPERISHABLE**

Food or items that can be stored for long periods without spoiling

### **RESILIENCY**

The ability to bounce back and recover after facing a disaster or crisis

### **RETROFITTING**

Making upgrades to a building or system to make it stronger and safer in case of disaster

### **SHELTER-IN-PLACE**

Staying inside a secure location because it is unsafe to go outside

### **VULNERABILITY**

How likely a person, place, or system is to be harmed during a disaster