



What is 72 Hour Preparedness?

The very basic level of preparedness is planning for 72-hours. That alone should be self-explanatory, make a kit that you can survive on, or out of, for three days. Disasters doesn't have to be something dramatic, it can be being snowed in for a few days or, as Apache County has recently experienced, a Wild Land Fire that causes you be evacuated or sheltered at home. Simply not having power for a few days for some can be a life threatening situation.

Why 72 hours?

That is the time frame it may take for emergency responders, police, neighbors or family to reach you during a disaster. Keep in mind, 72 hours is for each member in your household, including your pets and other animals.



What to put in a kit:

Here are some simple steps you can take to get prepared in case of emergency or natural disaster. First, choose a container that can withstand damages and one you can seal shut. Backpacks are a good choice for each member of the family that contains clothing and personnel items just for each member.



Food:

Store food items that are familiar to your family rather than buying special emergency food items. Consider any dietary restrictions and preferences you may have. Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk). Mark a rotation date on any food container that does not already have an expiration date on the package. Include baby food and formula or other diet items for infants or seniors. Store the food in airtight, pest-resistant containers in a cool, dark place. Most canned foods can safely be stored for at least 18 months. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereal, crackers, cookies, dried milk or dried fruit within six months.

After a power outage, refrigerated food will stay cold longer if you keep the door closed. Food should generally be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days.



Household/Family Tips

Talk with your family about potential disasters and why it's necessary to prepare for them. Involve each member of your family in the planning process. By showing them simple steps that can increase their safety, you can help reduce their anxiety about emergencies. Take into account the special needs of children, seniors or people with disabilities, family members that don't speak English and pets.

Make sure everyone knows where to find your disaster supply kit and Go-bags. Plan where to meet after a disaster if your home becomes unsafe. Choose two places, one just outside your home and one outside your neighborhood in case you are told to evacuate. Be sure your gas tank is always at least half full. Determine the best escape routes from your home. Try to identify two escape routes. Make sure each member knows who your

family's out-of-state contact is and instruct them to call this person and tell him/her where they are. Locate the gas main and other utilities and make sure family members



Go-bags:

Go-bags should be made for each member of the family. Keep them in a place that has been identified so everyone will know where they are. You may not be at home when a disaster strikes, so it is important to keep a go-bag in your car with what you would need just for immediate safety.

Ideas for a go-bag:

Flashlight

Radio – battery operated

Batteries

Whistle

Dust mask

Pocket knife

Sturdy shoes, a change of clothes, and a warm hat

Local map

Some water and food

Permanent marker, paper and tape

Photos of family members and pets for re-identification purposes

List of emergency point-of -contact phone numbers

List of allergies to any drug (especially antibiotics) or food

Copy of health insurance and identification cards

Extra prescription eye glasses, hearing aid or other vital personal items

Prescription medications and first aid supplies

Toothbrush and toothpaste

Extra keys to your house and vehicle

Any special-needs items for children, seniors or people with disabilities. Don't forget to make a Go-bag for your pets.



Have a plan:

Decide before disaster hits, where you will go in case you are evacuated or you decide to leave your home. Before you leave, notify someone you are leaving and what route you will take. Take your pets, or make arrangements for them before you go. Leaving them alone with food and water really isn't a plan. When you leave your home, lock your home and shut off gas/propane unless instructed otherwise. When you arrive at your designation, notify local authorities, so they know you are gone and how they may reach you if necessary.