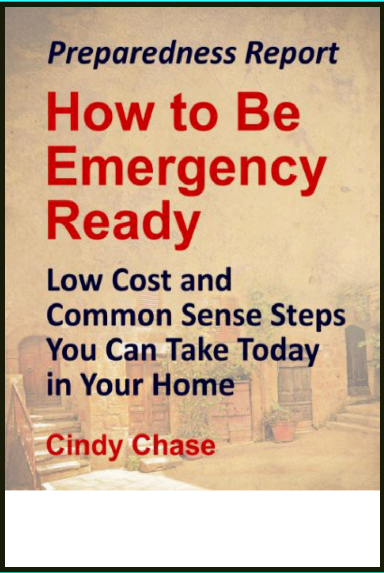
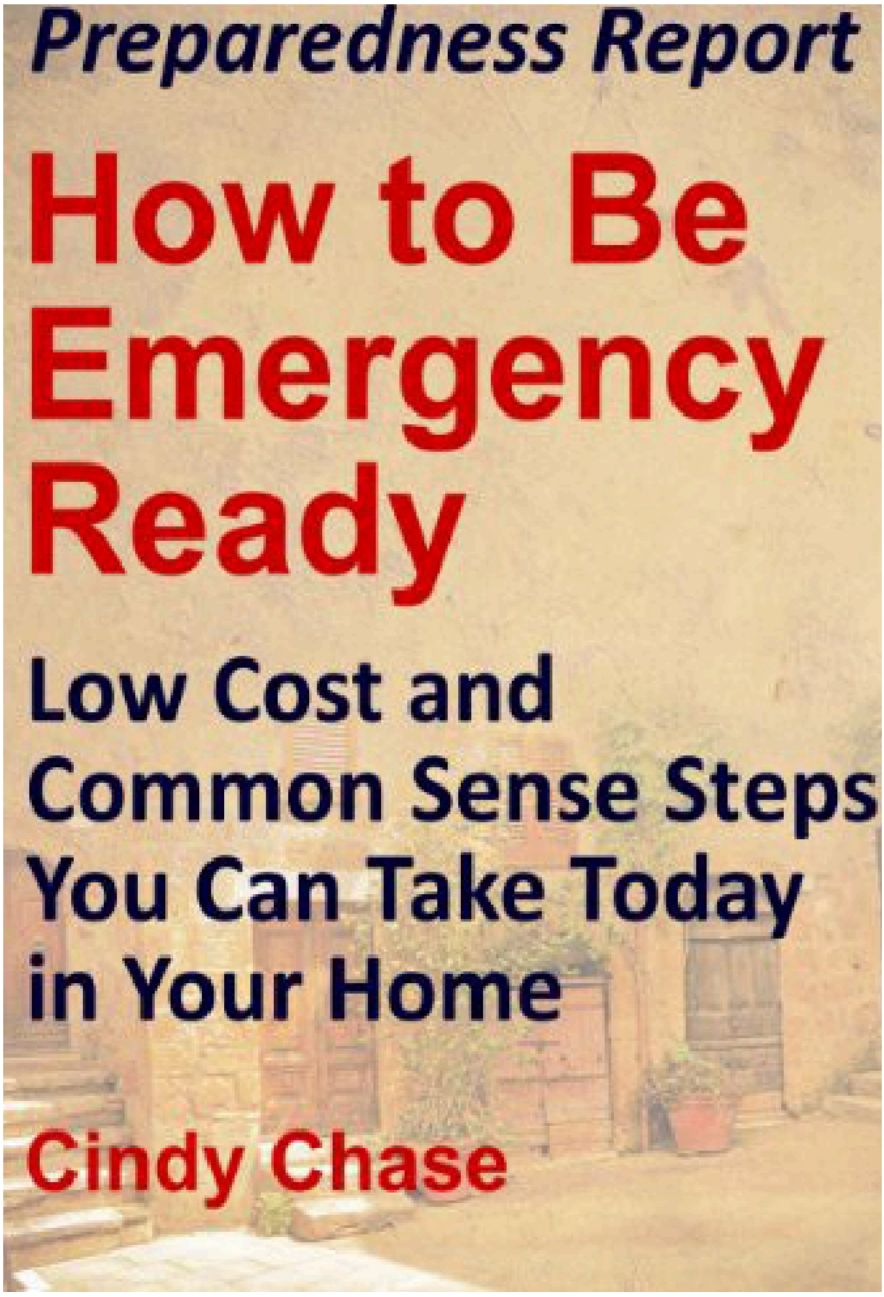
Be Emergency Ready - Low Cost and Common Sense Step



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Preparedness Report
How to Be Emergency Ready
Low Cost and Common Sense Steps You Can Take Today in Your Home
Cindy Chase

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By
Cindy Chase

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e to write some preparedness guidelines that he could pass out at mmunity meetings about the impending Y2K (Year 2000) scenario. is was 1998.

Thinking this project would take only a day or two, I agreed. But it ok me two months instead. The result was a 120-page, 8.5 x 11 iral-bound report titled *How to Start Your Emergency Preparations en If You Only Have a Dollar to Spare*.

Copies of the report were sold at local events and on a website bu an affiliate. But most of them were wholesaled to several sinesses who sold them to their customers for $19.95, $24.95 or a ice they set.

Even though Y2K had come and gone the principles of emergency eparedness haven't changed, only the particulars. This 2012 editio s been updated with current links to many of the products and ppliers referred to in the report. Otherwise, content that is still levant was mostly unchanged.

One final note. This report focuses on preparing for situations ring which it would be safe to stay in your home. If you need to epare for evacuation (whether by car or on foot), think of the basics u will need for at least 72 hours – food and water, light, warmth an elter, first aid and safety, tools, documents and cash.

ry likely you have already come to a conclusion about Y2K. You se e potential for short-term or longer-term disruption of power, lecommunications, transportation of foodstuffs, financial services. u understand that it is better to have insurance and not need it, tha need it and not have it.

You don't need a lot of money to get started. Even if you have only e dollar to spare right now, it is enough. You can buy a can of tuna h or chili beans with a dollar and get some change back. Put it asid part of your food reserves. The next time you have another extra llar, buy another item. This may be slow, but at least you are on yo ay. Once you have started you may be surprised at the extra spare llars you can come up with.

Getting prepared doesn't mean you have to spend your savings or ke your credit cards to the limit. The most important thing is to know hat you need to do, and then take the necessary steps to do it – ev they are small steps. Do the best you can with the resources you ve. And keep an eye out for sales or good deals on the things you ed when you shop.

Take care of your most basic needs first – food, water, staying arm, lighting, cooking, medication and first aid, personal care and nitation.

Get what you and your family will use regardless of what will ppen. If nothing happens, you can always eat and use what you ve stored. You just won't need to go shopping for a while.

Don't begin your preparations by stocking up on "barter" items suc coffee and cigarettes. These are supposedly popular barter items. ey may be, but not everybody needs or wants these things. If meone has something you want but doesn’t smoke or drink coffee, en you won't have a deal. And if you need something vital that is mply not available, not even gold or silver can buy it for you.

However, everyone will need the same basics that you need. If yo ve a few extra pounds of potatoes or extra cans of beans, you ouldn't have trouble trading them for some candles or a few

ars. Start getting food items that will store for 15 to 24 months. Ma ms you find in your local supermarket will keep this long. Start anning for the near term. Then if you think it is necessary, plan for e long haul.

During a civil emergency such as a flood or earthquake, the first 7 urs are the most critical. Everyone needs to be as self-sufficient as ssible during the first three days. This is because emergency aid ganizations need time to mobilize.

The best thing that you and I can do is to prepare. If you have ildren in your family, start thinking of what they will need to keep emselves occupied. This may include stocking up on good books, hool books, board games, craft supplies, etc. They also may need gger sized clothing and footwear. Besides making sure that our milies will have enough food, water, and other basic necessities, w ed to get our communities prepared as well. Our own well being is pendent upon a strong community.