

MONTH 6: FIRST THREE MONTHS



Adequate food that is part of normal, daily diet, enough to feed every family member for 3 months. Should include a combination of basic food storage and everyday food easily prepared. Build up gradually.

Water storage for at least 2 weeks (one gallon per day per person). Purification devices or chemicals for water treatment.

Are You Ready?

For more information on Neighbors Helping Neighbors contact your Block Captain:

or visit:

www.NHNpreparedness.com



EMERGENCY PREPAREDNESS RESOURCES:

WWW.FEMA.GOV

WWW.OES.CA.GOV

WWW.READYOC.ORG

WWW.REDCROSS.ORG

WWW.OCPREPARADNESS.COM

BOS.OCGOV.COM/ALERTOC/ALERTOC.ASP



ARE YOU PREPARED?

Disaster can strike quickly and without warning, sometimes isolating entire neighborhoods. As Hurricane Katrina reminded us, neighbors many need to rely on each other and their own resources for several days before help arrives. Authorities strongly urge each family to be self-sustaining for at least five days.

Neighbors Helping Neighbors is a simple way to prepare for emergencies such as an earthquake or other major disaster. It does not require any special expertise or knowledge – just a desire to help and be more prepared.

We invite you to meet with your immediate neighbors to discuss these steps and follow them together.

BEING PREPARED SAVES LIVES AND BRINGS PEACE OF MIND!

NEIGHBORS HELPING NEIGHBORS

SIMPLE PREPAREDNESS PLAN BASED ON WHAT YOU NEED ONE MONTH AT A TIME

MONTH 1: Family Emergency Plan

MONTH 2: First Three Minutes

MONTH 3: First Three Hours

MONTH 4: First Three Days

MONTH 5: First Three Weeks

MONTH 6: First Three Months

Each month neighbors will receive additional preparedness information that builds on the previous month.

**MONTH 1: FAMILY
EMERGENCY
PLAN**



Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another, how you will get back together and what you will do in different situations.

Red Cross suggests each family designate a person in another state as an emergency contact for family members.

Also exchange cellular, work and home phone numbers, know the names of children, pets and be aware of a neighbor's special needs or medical

requirements. Keep this information readily accessible, such as posting it inside a pantry door or in your GO-KIT.

Where feasible, purchase battery operated two-way family radios and learn how to communicate with your neighbors.

**MONTH 2: FIRST
THREE
MINUTES**



What do I need during the first three minutes of a disaster?

3-Minute Kits attached to each bed in the house. Plastic drawstring bag containing sturdy shoes, flashlight, leather gloves, whistle, and lightweight clothes.

**MONTH 3: FIRST
THREE
HOURS**



AM/FM Radio: battery or solar/dynamo (extra batteries). First-Aid Kit with adequate supplies, medications and personal needs for each family. Gas, water and electronic meter shut-off tools place (secured to meters if possible).

Search and Rescue equipment: leveraging tools, rope, masks, lantern-torch, loud whistle, duct tape, fire extinguisher.

"GO" Binder (or small expandable file) stored in a fire-safe location (in or near 72-hour kits) with copies

in another location outside of the home. Contains names, addresses, phone numbers and maps for local/out-of-state contacts and rendezvous locations.

Also should include important documents; general family information (SS cards, passports, birth certificates, insurance cards, or proof of insurance, all insurance policy numbers, bank account numbers, and vehicle ID numbers, and spare keys).

**MONTH 4: FIRST
THREE
DAYS**



72-hour kits for each family member packed. Includes water (1 gallon per person per day), food, clothing, shoes, first aid supplies, medications, hygiene supplies, water filters or purification tablets, shelter and survival supplies and cash (small bills for each family member).

Car kit adapted for each household need – adequate food, water, walking shoes, prepared to walk home if necessary.

**MONTH 5: FIRST
THREE
WEEKS**



In addition to First 3 Days supplies, enough water, food, personal items to last 3 weeks.

Alternate cooking methods and fuel sources.