Limit the Impact

Family Guide
to
Preparing
for
Disruptive Events

a balanced, common sense approach to weathering the challenges of mother nature and mankind

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Distributed by
ELIMINATE CHAOS
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Table of Contents

3 Dear Reader
6 Getting started... Define your Family Unit
7 How much of a stockpile will you need?

8 Purchasing items for your stockpile
9 Food, beverages, & water!
10 Infant needs & non-food items
11 The other stuff you may need

12 Planning for Infrastructure Disruptions
12 Power outages
13 Water supply disruption/contamination
13 Transportation disruptions

14 Settle-in or Evacuate?
15 Evacuation overview
16 Packing/preparing for evacuations
17 It’s time to evacuate... NOW!
17 Clothing needs when evacuating
17 Emergency items in your vehicles

18 Basic medical needs & good hygiene
18 Health supplies/equipment
19 About One Medical Passport
20 Medical Information form
21 Special needs & refrigerated medicines

22 How do you rate your Family’s Preparedness?
24 Think way, way, way beyond yourself: your kids, neighborhood, workplaces, schools, daycare centers, nursing facilities, & community
26 Charities
26 Checklists & Forms located on our website
27 Call-to-Action
28 About Cracolici & Associates
Dear Reader

This booklet is really about your family's safety. It will calmly walk you through a thoughtful process of how individuals and families can prepare for a difficult time. Of course, we all hope that severe circumstances do not hit us in the future... but, that's not a very realistic outlook. "Stuff" does happen and people suffer; some even die. That's simply the facts of life. Yet, if you follow the suggestions in this guide, we believe you will be in better shape to withstand seriously disruptive events. Whether events last 3 hours, 3 days, 3 weeks, 3 months, or longer, it is very wise to plan what you will do.

If and when stressful times occur, be kind to one another. Remember that people around you are feeling sort of similar. Parents, in the event of an evacuation, be sure your supplies include stories for children. If we learned anything from Hurricane Katrina, it's that the little folks get truly scared. Comfort them and each other. Pack uplifting, supportive reading materials. Whatever your faith, spiritual beliefs, or personal views, it will be a time for finding strength and hope.

Also, listen to and respond to the instructions of local authorities. Most of them are trained for the situations we may face. Be a team-player... and we will all stand a better chance of making it through the disruptive circumstances.

Should you have comments and/or suggestions regarding this booklet, please send us an e-mail. We would love to hear from you. Kathleen Kent and I have no particular pride of authorship. We want this booklet to be thorough and useful, easy to follow, and one that inspires you to take action... NOW... and a little more each day.

Ned Cracolici
Preparing for Shortages of Goods & Services

Shortages might be due to:

- a natural disaster
- extreme weather
- a man-made disruption
- a situation that occurs in the USA
- something that happens in the Pacific Rim or elsewhere
- a terrorist attack

As you can tell from the representative supply routes on the map above, North America is globally connected by an interdependent exchange of goods and services. When the flow of these goods and services becomes disrupted, it’s not long before we all (globally), begin to feel the impact (locally) within our businesses, communities, and families.

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**Serious Disruptions that Do Happen - Now & Then**

- Natural Disasters
- Worker Strikes
- Severe Weather
- Manufacturing Delays
- Transportation & Shipping Interruptions

**Is a Pandemic Illness on the Horizon(?)**

A pandemic illness is one that is both contagious and affects large regions of the world at the same time... for extended periods of time.

We don’t know when the next new virus will hit us. But, history tends to repeat itself. Another pandemic illness could very well appear one day.

**The New Disruption - Potential Acts of Terrorism**

It’s difficult to predict or prevent one, but we can be prepared to care for ourselves and our families. **By being prepared, we will lessen the impact of a terrorist event.** Thereby, reducing its effectiveness.

**Resulting Shortages of Goods & Services**

We are all dependent upon others for goods and services. It may be from nearby or far away... from another person, business, community, state, or country. When what you need becomes unavailable, it’s way too late to say...

"**I wish we had prepared.**"
Everyone needs to help their community prepare

Each family must be accountable for their own special needs

Your local phone book represents the dependencies existing within your own community between:
- Individuals & Families
- Stores, Service companies, & Businesses
- Utilities
- Emergency, Medical, & Social services
- Government agencies, etc.

All need to collectively prepare for a disruptive workforce situation which will (in one way or another) impact everyone in the community at the same time. A workforce disruption usually occurs when people, who would normally do a specific job, are otherwise busy with their own personal health or family issues.

Everyone needs to help their community prepare

Each family must be accountable for their own special needs

Here’s where to start: List your family members

<table>
<thead>
<tr>
<th>Include:</th>
<th>Children • Parents • Guardians • Close relations • Neighbors • Close friends</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td>Phone Number</td>
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</tbody>
</table>

Include family members away from home (at college; in nursing facilities, etc.)

Define someone as the family leader and, if they get injured, who will be the next leader and so on...
How much of a stockpile will you need?

How much depends on:
- how long?
- how many people?

There are many websites and articles which recommend preparedness for 3-days of disruption. *That just doesn’t seem long enough to us for a home-based emergency stockpile.*

The recovery from recent serious natural disasters (earthquakes, floods, and hurricanes) shows that recovery efforts exceed 3 days. If there is damage to infrastructure or a community-wide disruption of the workforce, we all need to be prepared to care for our families for several weeks.

Be truly prepared... gradually build-up your emergency stockpile to provide for your family for 5 weeks.

Why 5 weeks?
- Everyone will then **plan on missing at least one paycheck.** That, in itself, is critical for most of us who live from paycheck-to-paycheck!
- In a community-wide disruption to infrastructure, it usually **takes weeks to get ALL of the utilities working again.**

“But, five weeks worth of stuff is expensive!”

Make it easy on yourself and your budget... **begin now...** build-up as you can (see page 8)

Some of your family may be away from home when a disruption occurs.

Your base stockpile is at home.

In all the other locations where your family spends their time, have at least 3 days worth of food & water:

- **In each of your vehicles** (see page 17)
- **At your workplaces** (see page 24)
- **At schools, daycare centers, & nursing facilities** (see page 25)
First... a Stockpile: A supply of foods and goods to sustain your family in an emergency... not a pile of food to be tapped into for this week’s dinners!

Second... If you remove anything from your stockpile, you should replace it as soon as possible.

Third... Start today and build-up slowly. Every little bit counts a lot when needed! Buy a little each week or month. Buy in bulk when you can; split the costs and the goods with friends or neighbors.

Fourth... Prepare yourself for mobility in advance... box-up your stockpile so it is easy to transport at a moments notice. This also helps to resist the temptation to “borrow” from it!

Purchase:

- **Single-meal packaging** so there aren’t leftovers requiring refrigeration
- **Pre-cooked foods** in sealed containers which don’t require refrigeration or water and can be stored for a period of time
- **Foods and beverages nutritionally** better than perhaps your favorite artificially flavored food or beverages (avoid caffeinated drinks... they increase your thirst)
- **Individual serving packets of condiments** (ketchup, mustard, mayonnaise, butter, soy sauce, etc.) to mix with canned meats, fish, poultry etc.
- **Disposable plates, cups and forks/ knives/spoons** (you may not be able to wash dishes)
- **Heavyweight trash bags** to store garbage... in case the normal pickup/disposal can’t show-up
- **Heavyweight, sealable bags** that can be used as liners in either a box or can as a substitute for a toilet
- **Toiletries...** plan for probable diarrhea and runny noses (suggested: 3 rolls of toilet paper and 2 boxes of tissue per family member, and a good supply of moist baby towelettes, for personal cleanliness)
- **Batteries, batteries, batteries...** What sizes do you need? How many? For what?

<table>
<thead>
<tr>
<th>Food &amp; Beverages</th>
<th>Other Goods</th>
</tr>
</thead>
<tbody>
<tr>
<td>◊ Single-meal packaging</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Pre-cooked foods</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Foods and beverages nutritionally</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Individual serving packets of condiments</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Disposable plates, cups and forks/ knives/spoons</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Heavyweight trash bags</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Heavyweight, sealable bags</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Toiletries...</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
<tr>
<td>◊ Batteries, batteries, batteries...</td>
<td>◊ Batteries, batteries, batteries...</td>
</tr>
</tbody>
</table>
What will your family need for food and drink?

Prepare to be a self-sustaining family unit for up to 5 weeks
Plan on a significant reduction of available goods and services

<table>
<thead>
<tr>
<th>Ready-to-eat food items...</th>
<th>Beverages...</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Meats, Poultry, &amp; Fish</td>
<td>• Fruit Juices</td>
</tr>
<tr>
<td>◊ Jerky: Beef or Turkey</td>
<td>in ready-to-drink</td>
</tr>
<tr>
<td>◊ Pre-cooked, canned,</td>
<td>containers</td>
</tr>
<tr>
<td>single-meal servings</td>
<td>• Water, water, &amp; more water</td>
</tr>
<tr>
<td>that don't require heating or water</td>
<td>◊ Bottled water for each member</td>
</tr>
<tr>
<td>◊ Canned Chili, other foods your family likes</td>
<td>1/2 gallon or 2 liters of water per day per person for drinking</td>
</tr>
<tr>
<td>• Fruits &amp; Vegetables</td>
<td>◊ Separate water supplies for:</td>
</tr>
<tr>
<td>◊ Dried/dehydrated</td>
<td>◦ Each pet</td>
</tr>
<tr>
<td>◊ Pre-cooked, canned or</td>
<td>◦ Animals (nature’s critters)</td>
</tr>
<tr>
<td>jarred, single-meal servings</td>
<td>◦ Your plants</td>
</tr>
<tr>
<td>that don’t require heating or water</td>
<td>◦ Washing dishes</td>
</tr>
<tr>
<td>• Soups (pre-mixed with water)</td>
<td>◦ Washing diapers, bedding, towels, clothing</td>
</tr>
<tr>
<td>• Crackers</td>
<td>◦ Bathing or showering</td>
</tr>
<tr>
<td>• Peanut butter</td>
<td>• Protein or fruit bars</td>
</tr>
<tr>
<td>• Dry cereal/granola</td>
<td>• Storable treats</td>
</tr>
<tr>
<td>• Nuts &amp; Trail mix</td>
<td>• Comfort foods &amp; beverages</td>
</tr>
<tr>
<td>in re-sealable packaging</td>
<td>• Can’t get along without(s)</td>
</tr>
<tr>
<td>• Protein or fruit bars</td>
<td>Rotate your food and water supplies. Withdraw and use foods, water, and over-the-counter medicines from your stockpile every six months, or so. Replace as soon as possible with new purchases of the same item.</td>
</tr>
</tbody>
</table>
| • Storable treats        | www.LimitTheImpact.com
| • Comfort foods & beverages | Page 9 of 28
| • Can’t get along without(s) | Limit the Impact - Family Guide to Preparing for Disruptive Events

Get it, yet?
You need water.
A lot of water!
Many websites recommend one gallon of water per person per day to take care of their minimal personal needs; even more in hot weather and for women who are pregnant.
Infant needs & non-food items for your Stockpile

Infants and Babies
- Formula
- Jars of baby food
- Vinyl-coated spoon
- Powdered milk
- Sippy Cup
- Baby Tylenol or equivalent
- Baby thermometer
- Lotion
- Diapers (some cloth to be washed & reused... a supply of water/soap for washing them)
- Moist baby towelettes

Miscellaneous
- Manual can opener
- Disinfectants
- Paper towels
- Garbage bags
- Large sealable bags
- Candles and/or lanterns
- Matches and/or lighters
- A flashlight for each person (hand-crank or with batteries)
- Portable Radio (hand-crank or with batteries)
- Charged cell phone batteries
- Lots of batteries... **make a list** of all your battery powered needs (the size & quantity required for each)
- Alternate cooking means & fuel
- Spare sets of house & car keys

Toiletries
- Tissues
- Toilet paper
- Hand soap
- Hair care
- Eye/contact lenses care
- Toothbrushes, Toothpaste
- Denture care
- Hand razors
- Feminine hygiene products
- Moist baby towelettes
- Lotion
- Sun screen
- Bug repellant
(See pages 18-21 for medical needs)

Household Pets
- Pet food
- Medicines
- Their own supply of water
- One flea treatment for each dog and cat
- Don’t forget all the animals, birds, fish, livestock, etc. that your family cares for... do you need to make special plans?

Don’t forget all the animals, birds, fish, livestock, etc. that your family cares for... do you need to make special plans?
Important documents

- Be sure to have printed copies of birth records, bank and insurance information, recent photos of your family members, etc., in your stockpile.

You may not have access to your computer, making the above listed data technically unavailable. Putting your critical information on a **computer memory stick** is a really good idea!

- See page 16 for an extensive list of important papers to copy

Things to Do:

- **Assess** your family’s preparedness planning on a scale of 1 to 5 (see pages 22-23)

- **Add** items to any list to meet your family’s specific needs

- **Involve** the whole family in the plans and discussions

- **Include** in your plan when to start stocking & restocking

- **Set a target dates** to begin and to finish being prepared

- **Get started**

### Money

- Small amount of cash (around $200) in small bills and coins

- Travelers checks for more (if desired)

- Pre-paid phone cards for each family member to be carried with them at all times

### Thoughts about communicating with others...

- Today’s convenience of communicating via cell phones, PDAs, and computers is great if you have access to charged batteries or electricity. If the power is out for an extended period of time, you will need to limit your use of this equipment to save your rechargeable batteries. Think about having a **spare rechargeable battery or two** - fully charged.

- You should plan on **communicating by leaving messages — to be picked-up later.**

- Connecting with others is always an issue in natural disasters. Family members and friends become displaced and separated. **Create out-of-town contact and out-of-town meeting points before you need them!** (see page 14)
Assume the **POWER** goes out...

When there is a disruption to the workforce or to roads, bridges, etc., utility companies are equally affected. **Once the power goes off, it’s off for an unknown amount of time.**

- Does anyone in your family **REQUIRE electricity for their care**? What’s a backup source?
- Does anyone in your family **REQUIRE refrigerated medicine**?
  - Be sure to check with your healthcare professionals to identify your local emergency refrigeration sources
  - If you require insulin, arrange for someone else to have access (should you become immobile)

**CAUTION:** Any alternate source of electricity that is **NOT** battery operated **must** be used **outdoors** for proper ventilation

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**Plan for outages. Plan for alternatives...**

- **Power:** Generator, Fuel to operate, Lighter/Matches
- **Cooking:** Camp-stove, Barbeque, Propane/Briquettes, Lighter/Matches, Fire extinguisher
- **Lighting:** Flashlights/Batteries or a Self-powered flashlight, Lanterns/Fuel, Candles/Kitchen matches
- **Garbage storage:** Heavyweight trash bags & tie straps
- **Toilet:** Plastic storage bags that seal... inserted into a large mouth jar, can, or sturdy box
  - TEST IT!!! Figure it out in advance
- **Source of news:** Portable Radio/Batteries or a hand-crank radio
- **Don’t forget freshly charged, spare batteries for your:** Cell phones, PDAs, Computers, Radios, Flashlights
Assume the available **WATER SUPPLY** must be boiled before you can drink it...

- **How will you boil water, if you don’t have electricity?**
  Build a fire... Be sure to have kitchen matches, fire logs, a short-handled shovel, a big pot, and a fire extinguisher.

- **How do you purify water?**
  ◊ Water can be **decontaminated by adding bleach** and then letting it sit for 30 minutes. *Depending on the cloudiness of the water use:*
  ◊ 2 to 4 drops bleach per quart of water
  ◊ 8 to 16 drops bleach per gallon of water
  **NOTE:** The water will have a slight odor of bleach and that is appropriate!
  ◊ Water can be **decontaminated by adding purification tablets**
  **CAUTION:** Purification tablets can have an **adverse effect** on persons with liver and kidney diseases

**NOTE:** **Storing water also means rotating the supply of water...**

◊ Periodically rotate your stockpile water supply
◊ **Do not store containers of water in the sunlight**

Assume the **TRANSPORTATION** of goods and people *will not be timely*...

The trucking industry, railroads, airfreight, and seaport services will also be experiencing a reduction of their own workforce and the goods and services of others they depend upon... so, the **distribution of goods could be seriously delayed**

**Plan on it!**

If there is disruption to our streets and roads, **you may need to walk** to get assistance or to evacuate...

- Have back-packs, sturdy shoes, two pairs of socks, and a hat available for each person
- Load up your kids’ wagons with water to sustain your family on its journey
- Have a wheel chair for those who are elderly or infirm
- Know your community’s evacuation plan in case you need to use it!
What WILL you do when Disruptions happen?

Settle-in and wait it out | Deal with the aftermath of a sudden disruption | Evacuate

There are some disruptions where you just “hunker-down” and wait it out... (also referred to as “shelter-in-place”). You’re all set, once you’re prepared!

- Blizzards
- Deep freezes
- Ice storms
- Landslides, erosion
- Extreme heat waves

There are disruptions that happen without warning... and people are just plain lucky to get out with their lives!

These people are immediately dependant on the goodwill of other people, churches, charitable organizations, and government agencies for food, shelter, and clothing. Their own preparedness stockpile may or may not have been damaged.

- Earthquakes
- Flash floods
- Tornados
- Volcanic eruptions
- Tsunamis
- Terrorist strikes

And, some disruptions come with Evacuation Warnings...

You hear (usually ahead of time) that in a few hours or days, you might/will need to evacuate your home due to an approaching disaster of some type. Part of your total preparedness must include... being ready to quickly evacuate.

Establish Contact Points and Meeting Places

- **Contact Point:** What are your out-of-area contact phone numbers? Family members will need a place to pick-up & leave messages (not everyone has or will have access to email). Write this phone number down and carry it with your emergency pre-paid phone card.

- **Meeting Place:** What are your family’s out-of-area designated location(s) to reunite after evacuating.

And, in advance, help plan and ensure others in your community are able to evacuate.
Some thoughts about Evacuating

What do you take?

- **YOUR STOCKPILE**... which is your food, water, and non-food goods for your family & pets
  - Bring with you all your current medicines, important papers, a small supply of food and water, a hat, a couple of sets of clothes, and sturdy footwear!
  - If your stockpile is stored already boxed-up, it takes only a few minutes to move everything into your vehicles!
  - Your water-proof container of current, important papers (see page 16)
- **All of your current medicines** (remember: birth control and hormone treatments)
- **Personal medical information** (see pages 19 & 20)
- **Mementos**... PRE-SELECTED! Not to be forgotten nor discussed when it’s time to go
- **Clothing** (see page 17)
- **A blanket or sleeping bag** for each person

How are you getting out of town?

- **If you don’t have transportation, where do you go?**
  - What are your community’s plans for evacuating those without transportation?
    - Bring with you all your current medicines, important papers, a small supply of food and water, a hat, a couple of sets of clothes, and sturdy footwear!
- **If you have transportation...**
  - What’s your route out of town?
    - Have 3 routes figured out... one which does not require use of a major highway or freeway
    - Practice all three routes... each driver!!!
  - Means of transportation
    - **Who is driving** which vehicle?
    - **Is each vehicle equipped** with its own preparedness supply? (see page 17)
    - **Who is expecting to ride with whom?**
    - Do you have **extra room for someone else?**
    - Are there plans for the elderly and infirm in your neighborhood?
Some disruptions (like fast moving forest fires) require immediate evacuations. **Be prepared to quickly evacuate by...**

- Keeping your stockpile boxed up... so it can be loaded in a few minutes
- Keeping current copies of your important papers in your stockpile (see below)
- In advance, choose and list which mementos are to be included in an evacuation and identify their current location

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**A waterproof, portable container** that holds copies of Important Papers

**In General...**
- House/land deeds or titles
- Vehicle/other titles
- Copies of property & vehicle insurance policies

**In General & Personally...**
- Copies of medical & dental insurance cards
- List of phone numbers (next-of-kin, friends, in-case-of emergency)
- Bank account information
- Credit card account information
- Recent photograph for identification (indicate full name and date of birth)
- **Copy your important computer files** onto a flash drive
- **Copy all key codes** for computer software you have installed

**For each member...**
- Birth Certificate
- Marriage Certificate(s)
- Divorce Decree(s)
- Driver License or Picture ID
- Passport
- Social Security Card
- Insurance Card
- Medical Card/Medical Passport
- Medical History (see page 20)
- Living Will and Last Testament
- Copies of last 2 years of tax returns

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**Plan for Pet Mobility** in your Stockpile...

- Pet travel containers
- Collar/harness, leash, tie-up rope/chain
- Papers showing veterinarian history
- Flea treatment for dogs or cats
- Their own water supply
- Pet food
- Medicines & special needs
- Brush, toys, shampoo, treats
- Picture of pet for identification (not cute!)
- ID tag or chip implanted for identification

**Think about all of your animals** (they might be an issue for one of your family members)... Birds, Fish, Horses, Pet Rodents, etc.

**Talk about it ahead of time!!!**

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**BITES!**

Evacuating often brings your family in contact with different **rodents, insects, reptiles, & critters.**

Include in your stockpile:
- Spray to kill ants/roaches/etc.
- Insect repellant
- Insect bite treatment
- Snake bite kit
It’s Time to Evacuate - NOW!

**Clothing**
- From your daily wear
- Appropriate seasonal clothing
- Hat & sunglasses
- Sturdy shoes and a couple pair of socks
- Already boxed-up and in your stockpile
- Set of cold weather clothing (might create from clothing you would normally donate or recycle)
  - Long sleeved shirt & long pants
  - Sturdy shoes and some socks
  - Hats & gloves
  - Coat or heavy jacket
- Set of warm weather clothing

**Your vehicles**
- If it isn’t your normal practice, think about keeping your vehicles full of fuel rather than driving around with the tank near empty
- In addition to a standard roadside emergency kit, equip each vehicle with...
  - A 3-day emergency supply of water and non-perishable food
  - Road maps
  - Self-powered flashlights or ones with fresh batteries
  - Emergency first aid kit
  - Blankets, tarp or plastic, rope, knife
  - Some emergency preparedness money (not viewed as emergency gas money)
  - A shovel, matches, and fire extinguisher
  - A few rolls of Gorilla or Duck tape

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**You’ve protected your property as best you can... and now you need to leave... to protect your lives**

- **Have a full tank of gas... try to keep it full**
- **Shut off your utilities...** have a wrench sitting next to all shut-off valves at all times
- **WHAT’S THE PLAN?**
  - Community evacuation plans?
  - Where will you go?
  - Evacuation route? Alternate route?
  - Is your stockpile loaded in your vehicles?
  - Do you have your wallet? Sunglasses? Hat? Sturdy shoes?
  - Do you have all of your current medicines and medical information?
  - Do you have all your important papers?
  - Is everyone accounted for?
  - Pets?
Take common-sense steps to limit the spread of germs

Make good hygiene a habit!

- **Wash your hands** frequently with soap and water (or an alcohol-based cleaning solution for hands)
- **Cover your mouth and nose** with a tissue when you cough or sneeze (if you don’t have a tissue, use your upper sleeve)
- **Discard used tissues** in the trash or in a waste basket
- **Wash your hands, again**, after coughing or sneezing

Stockpile Health Supplies

- Your **Basic First Aid Kit**… band-aids, ointment, dressings, adhesive tape
- **Medicines for fever**, such as acetaminophen or ibuprofen
- Aspirin or other **pain relievers**
- **Toothache** pain relievers
- **Cough** drops and syrup
- **Epicac** to induce vomiting
- **Anti-diarrhea** medication
- **Anti-acid** medication
- **Laxatives**
- **Vitamins & fiber** tablets
- **Fluids** with electrolytes
- Eye, ear, and nose **drops**
- **Lip balm**
- Cotton **swabs**
- **Thermometer**
- **Soap** and water or alcohol-based (60-95%) hand wash

Does Anyone Need Special Health Equipment?

- **Glucose** monitoring equipment
- **Syringes**
- **Blood-pressure** monitoring equipment
- **Oxygen** tanks
- **Crutches**, walkers, wheel chairs
- **Eye glasses or Contacts**

Call 911 only in **real emergencies!**
During Katrina, many victims were not able to recall specific healthcare details or medication dosages. Records were unavailable to medical professionals and the resulting delays in accurate treatment and care caused a number of issues.

We have searched high and low for a simple means to both compile & track an individual’s medical history data. A solution has surfaced, from a privately-held firm in Massachusetts:

1. Click on [www.OneMedicalPassport.com](http://www.OneMedicalPassport.com)

2. Click on Start and follow the directions. **Be sure to read each screen carefully.** You will be provided with a list of all the information you will need to have at hand to complete the registration process.

3. **Select the option** to create a Full Medical Passport for Personal Use Only.

4. At the end of entering all of your information, you will have the option to print a hard copy. The online version is always accessible with your username and password from anywhere with Internet access. This will allow you to update someone’s history on a timely basis.

5. After creating your own Medical Passport, the site will give you the option to create additional Medical Passports for other family members. The system will automatically pre-fill all of the demographic and insurance details that you’ve already entered. This feature will significantly expedite the process!

**NOTE:**

Check-out pages 18, 20, & 21 for additional medical preparedness information
If you do not have Internet access and/or cannot use www.OneMedicalPassport.com, just complete this form, put a copy with your emergency papers, and a copy in your wallet or purse.

<table>
<thead>
<tr>
<th>Name of Person</th>
<th>M / F</th>
<th>Date of Birth</th>
<th>Today’s Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Treatment for</td>
<td>Name of Medication</td>
<td>How often</td>
<td>Dosage</td>
</tr>
<tr>
<td>Medication</td>
<td>Medication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medication</td>
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<tr>
<td>Medication</td>
<td>Medication</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Important Medical History: Include all allergies to food, medications, and nature

<table>
<thead>
<tr>
<th>Type of Allergy, Illness, Injury, or Surgery</th>
<th>When</th>
<th>Provide a few treatment details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Allergy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Illness</td>
<td></td>
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<tr>
<td>Illness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Injury</td>
<td></td>
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<tr>
<td>Injury</td>
<td></td>
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</tr>
<tr>
<td>Surgery</td>
<td></td>
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<tr>
<td>Surgery</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of treatment</th>
<th>Where</th>
<th>How often</th>
<th>With whom</th>
<th>Treatment Center and Phone #</th>
<th>Referring Doctor and Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuing Treatment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Continuing Treatment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type of item</th>
<th>Brand name</th>
<th>Quantity needed</th>
<th>How often required</th>
<th>Purchased from</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supplies</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supplies</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Type</th>
<th>Brand name</th>
<th>Serial number</th>
<th>Model number</th>
<th>Where is it kept</th>
<th>How often required</th>
<th>Repair Service and Phone #</th>
<th>Referring Doctor and Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equipment</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Insurance Company</th>
<th>Phone #</th>
<th>Company / Group / Member ID number(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Does anyone on your family list have special needs?

- **Medical conditions**… Diabetes, kidney disease, heart problems, thyroid, asthma, etc.
- **Mental health conditions**… Schizophrenia, depression, ADHD, Bi-Polar, etc.
- **Other illnesses or limitations** requiring special care… Autism, blind, deaf, injured, etc.
- **Needs continuing treatment**… Dialysis, physical therapy, etc.
- **Requires special equipment**… Wheel chair, crutches, syringes, blood sugar testing, etc.
- **Needs medicines refilled**… Insulin, other special medications, etc.
- **Dietary restrictions**… Allergies/Cannot haves, Must haves
- **Age specific needs**… Formula, diapers, elder-care, etc.

And, keep handy a copy of your prescriptions for eyeglasses and contact lenses

**Talk with your family’s doctors, pharmacies, and hospitals**…

If they are not available to care for your family in a disruption, what should you do?

- **See another doctor? Who?**
  A printed medical history helps someone else treat you (see pages 19-20)
- **Go to another drug store?** Set-up a relationship in advance

**Extra Supply of Critical Medicines?**

Check with your doctors and insurance companies. How are you to get extra supplies of your medicines?

**REMINDER:** Some medicines **MUST BE refrigerated.** Be sure to check with your healthcare professionals to find local emergency refrigeration. Arrange for someone else to have access to insulin… should you become immobile.
# Time to Rate Your Family's Preparedness

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 EXCELLENT</strong> (low risk)</td>
<td>You have all items and your plans are in place</td>
</tr>
<tr>
<td><strong>2 GOOD</strong></td>
<td>You have most of the items</td>
</tr>
<tr>
<td><strong>3 IN PROGRESS</strong></td>
<td>You have made progress and expect to be done this year</td>
</tr>
<tr>
<td><strong>4 HAVE INFORMATION</strong></td>
<td>You have read some about preparedness and are planning to get to it</td>
</tr>
<tr>
<td><strong>5 NONE</strong> (high risk)</td>
<td>You have nothing done... You have few, if any, supplies</td>
</tr>
</tbody>
</table>

**Date: ____________________________**  
**Part 1 of 2**

## Food & Water... NOT mixed-in with or used as EVERYDAY SUPPLIES

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
<th>Minimum</th>
<th>Ideal Preparedness</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>Standard Minimum: 3 full weeks of food</td>
<td>3 full weeks of food</td>
<td>2 more weeks of food</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Ideal Preparedness: 2 more weeks of food</td>
<td>(see pages 9 &amp; 10)</td>
<td></td>
</tr>
</tbody>
</table>

## Basic Medical... NOT mixed-in with or used as EVERYDAY SUPPLIES

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>Emergency first aid kit in stockpile</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Health supplies (see page 18)</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Special health equipment needed? (see page 18)</td>
</tr>
</tbody>
</table>

## EACH person’s Important Papers in a portable, waterproof container

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2 3 4 5</td>
<td>Copy of personal medical information / One Medical Passport (see pages 19 &amp; 20)</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Medical authorizations for others to access insulin, if necessary (see page 21)</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copies of medical and dental insurance cards, if you have insurance</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Doctor contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Hospital contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Pharmacy contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Utility contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Investment contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Other business contacts</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Family contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Friends' contact information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Next-of-kin information</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copies of Living Wills and Last Testaments</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Vehicle, home, &amp; land titles</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copies of current insurance policies (vehicle and home)</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copies of the last 2 years’ tax returns</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Your passport</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copy of your birth certificate</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copies of your marriage license (s) &amp; divorce decree (s), if applicable</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Copy of your current drivers license</td>
</tr>
<tr>
<td>1 2 3 4 5</td>
<td>Your original social security card</td>
</tr>
</tbody>
</table>
A Bit More Time to Rate Your Family’s Preparedness

1 EXCELLENT (low risk) You have all items and your plans are in place
2 GOOD You have most of the items
3 IN PROGRESS You have made progress and expect to be done this year
4 HAVE INFORMATION You have read some about preparedness and are planning to get to it
5 NONE (high risk) You have nothing done... You have few, if any, supplies

Date: ____________________________ Part 2 of 2

Cash / Money
1 2 3 4 5 $200 in small bills and coins (travelers checks for more)
1 2 3 4 5 Investment and banking account numbers and checks

Other Basic Needs
1 2 3 4 5 Appropriate seasonal clothing and shelter
1 2 3 4 5 Cold weather clothing (boxed-up) (see page 17)
1 2 3 4 5 Toiletries (see page 10)

Infrastructure Disruptions
1 2 3 4 5 Alternate means of cooking
1 2 3 4 5 Alternate means of lighting (see page 12)
1 2 3 4 5 Alternate means of shelter
1 2 3 4 5 Ability to purify water (see page 13)

Communication
1 2 3 4 5 Out of area meeting point (see page 14)
1 2 3 4 5 Out of area message center
1 2 3 4 5 Printed phone list of all important persons and businesses
1 2 3 4 5 Cell phone with spare, charged battery

Animals
1 2 3 4 5 Own supply of food and water (see page 10)
1 2 3 4 5 Evacuation readiness of Pets (see page 16)

Evacuations
1 2 3 4 5 Is your stockpile boxed-up for quick mobility
1 2 3 4 5 Mementos to be evacuated... defined in advance!
1 2 3 4 5 Three evacuation routes out of town... practiced in advance! (see page 15)
1 2 3 4 5 Who’s driving what?
1 2 3 4 5 Room for others? What about your neighbors?
Think way, way, way beyond yourself - not all of your family will necessarily be at home when a disruption happens!

Your Kids...
- Plan home learning activities and exercises.
- Have materials like books/paper/pencils & home-study assignments on hand.
- Plan recreational activities that your children can do at home.
- Consider childcare needs.
- What are your children to do if they are separated from you in a disruption? Make sure they have a prepaid phone card and your family’s out-of-area message phone number.

Your Neighborhoods...
Every household needs to:
- Stock some food and water for themselves.
- Document their personal medical information… for EACH person.
- Get preparedness information to your neighbors.
- Check on the elderly or infirm in your neighborhood.
- Get involved, prepare, and practice in advance!

Your Workplaces...
It is VITAL that as much of our workforce as possible report to work… to maintain, at the very least, a minimal flow of goods and services.
- What is the emergency preparedness plan at your workplace?
- How often is it practiced?
- Does it include a 3-day emergency stockpile of food and water?
- What does your employer expect from you in a disruption?
- Are you a critical part of your company’s operation?
- Can you work from home? (Gasoline, like all other goods, will be in short supply.)
- Stay at home if you are sick!
- Plan for the possible reduction or loss of income if you are unable to work or your place of employment is closed.
- Check the leave of absence policies with your employer or union.
- Get involved, prepare, and practice in advance!
Your Schools...

- What are the emergency preparedness plans at your schools?
- Are the instructors prepared to give home-study assignments if schools need to close for periods of time?
- **Who do you contact** (and) how in an emergency?
- What are your schools’ “shelter-in-place” plans?
- Do they have emergency food and water supplies for your kids?
- What are the school’s evacuation plans?

Daycare Centers & Nursing Facilities...

- What are the emergency preparedness plans?
- Do they have emergency food and water supplies for your family members?
- What happens if they have to evacuate or lack the staff to provide proper care?

Your Communities...

- **Prepare** backup plans in case public gatherings are canceled...
  - Twelve-Step recovery & support groups
  - Worship services
- **Get involved** with your community’s plans... **Now**!
  - Who is your Emergency Manager?
    - How do you contact him/her?
  - What are your community’s emergency and evacuation plans?
    - How do you get a printed copy of the plans?
    - How often are they practiced?
  - During a disruptive event, where do you **go for help**?
  - Where do you **go to help out**?
  - What will you do if a family member dies during a community-wide disruption?
- **Get involved, prepare, and practice in advance!**
Charitable Organizations...

Charitable organizations are the backbone of disaster recovery

Local non-profits, social services, religious organizations, and the American Red Cross, provide food, water, shelter, clothing, and medical attention. These groups are flooded with requests for help during community disruptions.

- Include donations of money & nearly-new items to these charities as part of your lifestyle
- The website for the Red Cross Organization is www.redcross.org

Summary Checklists and Forms

are available on our website to assist you with organizing all of your information

www.LimitTheImpact.com

- Stockpile Checklist
- Medical History Form
- Family Contact Information
- Other Contacts’ Information
- Evacuation Checklist

Begin Preparing Your Family - NOW!!!
Please share this Family Guide with others


Get involved: a Call-to-Action

Each community, business, and family needs to have a plan in advance...

There are many websites for government (state, provincial, etc.), and other agencies that are rich with detailed information relating to specific geographic areas. Be sure to check out your local resources.

- Charitable organizations will be overwhelmed with requests for assistance...
  Increase your contributions NOW so charities can be prepared to offer extraordinary service!

- Your community’s plan... What can you do to help out?

- Your daycare’s & nursing home’s plans...
  What can you do to be involved, help out and make sure your loved ones are safe during disruptions?

- Your school’s plans... What can you do to be involved and make sure your kids are safe in disruptions?

- Your employer’s plans... What can you do to be involved and help out?

- Your neighborhood’s plan...
  What can you do to get others to participate?

- Your family’s plans... Get everyone involved and helping out. Using the charts on pages 22-23, how does your family rate in preparedness?

- Your personal plans... What can you do to personally prepare yourself?
  What can you do to help others?

- Make a PLAN...

- Begin preparing NOW and little more each day.
I formed Cracolici & Associates in early 1998. Its purpose was and is to educate people in how to protect their families and businesses during times of disruption, upset, and adversity:

To calmly and patiently plan how to keep families safe during unusual events... nearby and distant

My desire to help families comes out of the 1994 Northridge, California earthquake where my mother (completely and utterly unprepared) lost everything. Though I live in Washington, it still would have been so easy to have had measures in place to assist her - just in case something happened - like it did. Live & Learn.

This past May 30th, Kathleen Kent phoned me after watching a program on USA & global disasters. She had been greatly moved by 2005's hurricane Katrina's impact on people and wanted to do something to help communities and families prepare in advance for the next natural disaster. She suggested we collaborate to help “prepare society”. I decided to dust-off my 1998 version of The Family Guide to Preparedness. We then updated and expanded that guide into this booklet. Kathleen has exceptional design skills and a passion for collective family and community preparedness. We combined her talents with my vision for family and business preparations and created this 2006 Family Guide to present a reasonable approach. We strongly believe it's exactly what's needed in advance of disruptive and devastating events when we must care for and count on each other.

On the business side, I specialize in working with organizations to ensure their continuation as a going concern during times of operational disruption or crisis. I educate and train entities how to look at their critical processes and relationships (internal and external) from a new perspective. Executives can then calmly and rationally develop plans for alternative modes of operation. It's all in the name of being prepared for the unexpected.

Ned Cracolici