

MySurvivalAlliance



15 TIPS TO SURVIVE ANY CALAMITY

1. Prevent the water from entering into the house.
2. Shut off the utilities.
3. Be mindful of appliances and furniture.

FLOOD SURVIVAL: WHAT EVERYONE SHOULD KNOW

Flooding is something that every country in the world is familiar with. This is why basic flood survival should be known by everyone. Indeed, it has been a problem that we keep on seeing close to us, or in some far off place. We see a lot of news on flooding disasters that have claimed lives and property. Due to the hydrological cycle, we can't seem to get rid of all of the water as it is being recycled through rain, evaporation and storms.

That doesn't mean we just have to succumb to the disaster. Ironically, flooding is one of the disasters that are easiest to manage, given a proper disaster preparedness program.

Floods can be classified into two categories; the regular flood from sustained rainfall over long periods of time and the flash flood. The regular flood is what we normally encounter. It happens when heavy rains run for a long duration. The excess water that cannot be readily accommodated by the soil or storm drains

causes the flooding. It steadily rises until it reaches disaster levels.

The second type of flood, the flash flood is more dangerous than regular floods. The fast rate at which the water level rises leaves people no time for safety measures. Some flash floods could happen in just minutes, catching people off guard. Flash floods happen in typhoons bearing heavy rains. During these times, it is advisable to always have at least one member of the family awake and monitor the water level during the night. You can always catch up on sleep later. Flash floods have been reputed to reach areas where no flooding has ever happened.

Safety Measures During Floods

Minor flooding can be a nuisance. It destroys property and the cleanup process is extremely tiresome. Major floods are disastrous. They can

claim lives and cause immense damage to property. If you are planning to buy a house or relocate to a new neighborhood, it would be prudent to ask around the area about their flooding experiences.

As much as possible, stay away from areas they have been flooded before. It doesn't matter if the last flood occurred five or ten years ago, the fact that it has been flooded before indicates that it can be flooded again. The flooding indicates its low geographical topography and it's only a matter of time before another flooding occurs.

Unless there have been significant preventive measures implemented to prevent flash floods as well as regular flooding, you cannot safely conclude that flooding won't occur in the neighborhood again.

If you are living in a multi-story house, move important items like documents and fragile personal effects to the upper floors during heavy rains and storms. If possible, move all non-washable items like sofas and mattresses off the first floor.

Avoid driving through a flooded area. Most cars start to stall in six inches of water. It is very dangerous to get trapped in a car during flooding. You can get carried away in the current and washed away to deeper waters.

Basic utilities like electricity and tap water services may be cut off during flooding disasters to prevent other accidents like electrocution and disease from happening as a result of sewage over-flow. Part of your disaster preparedness program is to provide enough drinking water and lighting provisions like LED lamps, candles and

matches to last a minimum of 72 hours after the danger has passed.

Canned Butter Recipe

Prep Time: 25 minutes

Cook Time: 5 minutes

Total Time: 30 minutes

Ingredients:

- *High-quality full-fat*

butter Preparation:

Use only highest quality butter (Land O Lakes or equivalent).

Heat jelly jars in 250 F.-degree oven for 20 minutes, without rings or seals.

While jars heat, melt butter slowly until it comes to a boil. Reduce heat, cover and simmer for 5 minutes.

Pour melted butter carefully into heated jars, being careful not to get any butter on rim of jar.

Add lid and ring and close securely. They will seal as they cool. Shake jars a few times during cooling to prevent separation, although this step is optional.

Put into refrigerator or other cool place until butter hardens. After hardening, butter will store for 3 years.

HOW AND WHAT TO PREPARE FOR A DIY FLOOD SURVIVAL KIT

Very few natural calamities can bring more desolation and waste than floods, which have the capability of cutting off your food and water supply, and deprive you of shelter and electricity. Floods occur in many areas of the country and if you live in a flood-prone area, you have to protect your household by preparing a well-supplied flood survival kit.

Food and water supply

A supply of clean potable water is one of the vital things to have on hand. The average person consumes about four gallons of water each day and so you should lay aside a two-day water supply for every member of your household. Store your clean water in containers purchased in stores or in milk jugs. Use plastic containers with tight screw-on caps. Pop-top caps come loose and can be easily contaminated.

You will also need an abundant supply of food which include various canned and dry goods. However, don't make your kit too backbreaking to carry. Don't forget to pack a lot of cereals as they are light and provide much-needed energy. Pack some candies and chocolate bars as additional energy sources. Remember to bring a can opener.

Stack up on food items that don't spoil for a while and are packed in vacuum or air tight containers.

Forget about foods that spoil overnight as you have to discard them the following day.

Other important components

Keep a portable battery-operated radio or mini-TV in your kit, and bring along lots of fresh replacement batteries. They will come in handy to be informed of the latest news and updates. Include a flashlight, also with extra fresh batteries and a spare bulb. Be ready also with candles and waterproof matches.

You probably have a first-aid kit in your home but it is very important to have a well-stocked version included in your flood survival kit. Your first-aid kit should include antipyretics, cough and cold medication, antiseptic solution, water-purifying pills, bandages, anti-diarrheal medication, and antibiotic capsules.

The kit should contain daily supplies of disposable plates, napkins, cups, utensils and aluminum foil. Bear in mind that garbage collection may not be readily available during times of emergency. There may not be clean water supply to bathe in or wash

dishes with.

Make your flood survival kit portable and easy to carry. Store it in a watertight container that can be transported easily or you can pack it in several containers which can be carried by adult members of the household. This way, carrying the kit will not be saddled to just one person.

Bring special medications and hygiene products

Your kit will not be complete without sanitary hygiene products such as soaps, toilet tissues, toothpaste, deodorant, and feminine napkins. Since sewage problems might arise, waste should be disposed in trash bags inside plastic containers with airtight covers. At this point, be careful how you dispose your waste to avoid outbreaks of infectious diseases.

Take into consideration diapers and milk formulas if there is an infant in the family. Also be prepared with medication and special diets for person suffering from diabetes, heart disease, and such. The needs of the aged should also be attended to.

Don't forget to pack dry warm clothing and rain gears in your flood survival kit.

FLOOD EMERGENCY PREPARATION: 15 TIPS TO SURVIVE ANY CALAMITY

Floods are one of the most devastating among all natural disasters. A rather disturbing yet unavoidable fact for the mankind is that none of the equipment, science or measurement scales is able to predict the precise way and time of the floods.

The most effective means to minimize the severe effects of floods amidst the human lives is making adequate preparations for the flood emergencies.

The strong tropical storms and hurricanes most often cause floods even in the areas those are not prone to these events. In the kind of extreme and unpredictable weather conditions of the earth today, everyone must get prepared for anything any time, particularly the floods.

Here are some tips that would help you safeguarding yourself, the family and the house in the event of the flash floods:

1. Prevent Water from Entering into the House

In case you are expecting sudden heavy rains and / or storms in the locality, especially in the flood-prone areas, one must cover their doors and windows, with the metal sheets, plywood, sandbags, etc. You might also like to use silicone sealant in order to ensure that no water enters in to the home.

2. Shut Off the Utilities

Remember, one must turn off all the electrical and other utilities like gas, electricity and even the mains of the water. If it's **SAFE**, unplugging all electric appliances. Then make sure to store

these at a place as high as possible, second or third floor, if possible.

3. Be Mindful of the Appliances and Furniture

To save the furniture and appliances from floating away move them upstairs. In case there is no second floor in the house, try raising these items on bricks or blocks. Also remove all the carpets, curtains and the internal doors of the house. Store these in high places in order to protect from them from the water.

4. Saving Important Belongings

Keep important papers, pictures and other personal items off the ground. Store them house's second floor. If you do not have second floor in the house, put all the important papers in the sealed bags to save them from water and or a waterproof safe.

5. Remove All the Objects form Outside the House

Remove all the objects placed outside the house, like rakes, etc. and place them in some safer space. Remember, floodwaters can float away these items easily and pose a danger to the lives of others.

Once, the flood warning is issued by the Government, one must take the following

moves:

1. Information issued by the Government can be crucial so one must have a radio in hand to get announcements and updates. Having a battery-operated radio is a must.
2. Make sure to cooperate in full with the local authorities and the emergency services. In case they announce to evacuate the place, follow them with out any delays.
3. If the electrical grid fails, complete all your daily chores in the daytime as it becomes difficult and unsafe to complete in the dark.
4. Share information back and forth with your neighbors, especially those who are of senior age, so that if they are in need of help during an event, you are aware.
5. Floodwaters can kill. Make sure to note the rapid flow of the water as just six inches of water could make you fall, and just two feet can make a vehicle float.
6. Make sure that you pets are stowed in a crate for their safety as well as for the safety of others. Have treats and toys for your pets as well.
7. Once you get the flood warning, stay on second floor of the house. If the floodwaters rise, you best chance of survival is in the upper part of the house with access to the roof.
8. Raging water usually has objects floating around that are sharp and crash into other objects, so don't swim in it. Doing so could cause you to drown.
9. Flood waters are dirty and contaminated with sewage, hence, avoid contact with it if possible. You might survive the flood, but contaminated water could make you severely ill.
10. The most dangerous spots to keep away from are rivers, bridges, riverbanks, sea walls, etc. Many times floodwaters destroy and / or collapse bridges and sea walls trapping people under water.

BE PREPARED EVEN BEFORE THE FLOOD COMES

Each year, about 40% to 50% of natural calamities that happens all over the world is caused by floods. Just like earthquakes, floods take away thousands of lives due to the heavy waters, and can even wash away buildings, cars and trucks, and trees are even uprooted. It is apparent just how dangerous a flood can be. This is why disaster preparation is important to be able to survive a life-taking flood.

If you think that your location or the area where you live is prone to floods like houses located near streams or rivers, as well as those on the lower area of a slope and those with canals that are frequently blocked or clogged with garbage. One good tip to avoid experiencing floods would be to live where none of these are present like in higher places, an area with a good drainage system and so on.

Houses located near rivers and dams, as well as those areas that have a poor drainage system and absence of trees are sure to have floods. In a situation like this, it really is important to have some disaster gear on the ready. This should include those flood essentials such as a life vest or a life jacket. Even if the water is still around the level of your ankle or knees, wear it ahead of time because water can increase at a rapid pace. It may be too late if you wear the life vest when the water is too high already.

You also have to prepare clothes that can resist the cold of the rain and the flood. Prepare jackets that can fight off the cold and has good ventilation. Pants or sweats, gloves, caps are also important. Towels are also important to dry yourself off. Protect your feet with boots to keep your feet dry in case you have open wounds that can be a possible entry for infectious organisms.

You also need some food in case you are stuck at the highest peak of your house because help hasn't arrived yet. Pack food that is good for 3 days to a week just in case it will take longer for you to be rescued. Water is also important so don't forget to store bottles of water, as well as foods that are not easily can last for a good number of days like crackers, canned goods and the like. A flood can quickly wash away your life if you are not prepared so make sure that you buy disaster gear beforehand so that you have everything on the ready when the flood strikes.