

MySurvivalAlliance



5 TOP TIPS FOR EARTHQUAKE SURVIVAL

1. Real first aid kit
2. Utility shutoff tool
3. Fire extinguisher
4. Water storage
5. Car survival kit

CAREFUL EARTHQUAKE PREPAREDNESS EARTHQUAKE SURVIVAL KITS

Earthquakes are major natural disasters that can bring an entire city to its knees. While these are particularly devastating in poor or third world countries, even first world countries can be devastated by earthquakes. Anchorage and San Francisco are two examples of cities in the United States that have been absolutely crippled by a powerful earthquake before, and that doesn't even look at the very rare, but potentially devastating, Missouri fault line.

Being prepared for an earthquake involves many things, but one of the actions you can immediately take in order to help your odds is packing an earthquake survival kit. There are some arguments over what exactly should be in one of these kits, but there are several items that just about everyone can agree on.

First, you have to assume a worst case scenario, meaning that the infrastructure of a city won't be working the way it usually would. So things you would

normally take for granted, like water and electricity might not be certain. Because of this, an earthquake emergency kit needs to have iodine and water purification tablets to make sure you have drinkable water.

In addition, an earthquake specific kit should also have a flashlight and extra batteries. If you have children consider a flashlight that can be converted into a lantern so as to help light an entire area giving a sense of safety.

You will also want a signal whistle, not only in case you are caught under rubble, but also to signal nearby rescuers if you can see or hear someone who is trapped. Add in some gauze for bandaging cuts or band wounds.

These are just a few of the most important materials you will want to have in any quality emergency preparedness kit for earthquakes.

HOW TO SURVIVE AN EARTHQUAKE 1-2-3 GUIDE

Earthquakes can be devastating events. If you live where earthquakes are prevalent it is essential that you know what steps to take to increase your odds of survival. Follow this 1-2-3 Guide to learn how you can survive the next big earthquake.

Create a Family Plan

- Discuss and practice what your family will do during an earthquake. This is especially helpful for children in that it eases their fears of an upcoming disaster.
- If indoors, teach everyone to stay away from windows, glass or heavy items that could topple over onto them during a quake. Find a sturdy table or desk and duck and cover your head to ride out the event.
- If outdoors, stay away from buildings, windows and electrical poles.
- After a large earthquake, be prepared to expect many aftershocks to occur.
- In case your family was not together during the quake it is important to have two meeting places. One at your home and the other outside of your neighborhood, just in case you are not able to return to your home.
- During a severe disaster your telephone lines are likely to be down for days to weeks. Having a long

distance friend or relatives phone number memorized by all family members to contact will make reuniting much easier

- Teach all family members how to turn your gas off. If you have just rode out a devastating earthquake or if you smell gas leaking it is very important to turn your gas off. Only have a professional turn it back on.

Earthquake Proofing Your Home

- Secure all large objects such as cabinets, televisions and your china hutch to your wall so they will not topple over onto you when the shaking occurs.
- Secure pictures to your walls with special "no fall picture hooks." These will stop even large pictures from falling.
- Use museum putty or quake wax to secure special artifacts, displays from falling.
- Use anchor straps to secure your furniture from shifting and blocking your exit from your home.

Have Your Earthquake Survival Supplies Ready

- Earthquakes do not give you any warning or time to prepare so it is important to prepare your home and have all of your essential supplies ready before one occurs. Your earthquake supplies should include enough supplies to last a minimum of 72 hours/3 days:

◦Water-1 Gallon/per person/per day(don't forget your pets!)

◦Food/MRE (Meals Ready to Eat)

◦Gas Shut Off Tool

◦Change of Clothes, blankets for each family member

◦Waterproof matches for lighting candles

◦Flashlights-Power could be out for hours or even days.

◦AM/FM Radio -Keep up with news and evacuation procedures.

◦Cash - ATM's and banks could be closed for some time due to no power

◦Full tanks of gas in vehicles.

◦Emergency phone numbers

◦Compass

◦Multi-Function Pocket Knife

◦Rain Ponchos

◦Hygiene Items-toothbrush, soap, sanitary wipes and toothpaste

◦Toys/ Board games for kids and don't forget the fun flashlights and glow sticks!

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Ingredients:

- 2 cup flour
- 3 tbl spoon baking powder
- 1 tsp salt

Shortening the size of an egg. Mix and add enough water to hold together. Knead to fry – cook on low until brown or Bake at 375 degrees for 12 – 15 minutes.

To cook in the sand:

Assemble the ingredients as mentioned above. To cook in the sand you first have to make a mound of sand about 8 inches to a foot high. The sand should be as fine as you can find it. Once you have your mound of sand build a fire on top of it and keep it going for at least 30 to 45 minutes.

Towards the end of that time let it die down to coals and then ease the coals off to one side. Dig out a hole in the sand big enough for the bread dough and then plunk the dough into the hole. Cover it back up with the still-hot sand and then push the coals back on top of the sand mound.

Let it sit for about 20 to 30 minutes then using a piece of wood move the sand aside and remove the now-cooked bread. Holding the loaf in one hand give it a whack (don't smush it) and knock the sand off. Brush the rest of the sand off and it's now ready to eat!

DISASTER PREPAREDNESS: 5 TOP TIPS FOR EARTHQUAKE SURVIVAL

The recent earthquakes in Haiti remind us that we must be prepared. This impoverished country had little to no preparedness in place. We must take steps to become more self-reliant and capable of taking care of our own families in an emergency.

I have been involved professionally in emergency response since 1982. In that time I have responded to thousands of emergencies. Mostly of the daily 9-1-1 nature. Some were of a catastrophic nature, including large earthquakes, wild fires and floods. I have also been training the public in disaster preparedness since 1987. What I have come away with is a pattern of unpreparedness by civilians. This led me to create this list of the top 5 things one should do to prepare in the order of importance.

1. **"Real" First Aid Kit** - This is number one because injuries don't and can't wait. They must be addressed immediately. You must have a kit that can handle problems even when you do not have immediate access to 9-1-1. A "Real" first aid kit is a kit that is more than a owie or boo, boo kit. More than just band-aids and wipes.



What you need is a kit with at least CPR barrier mask, trauma dressings, multiple 4x4 gauze dressings, gauze rolls, paramedic scissors, a real splint (not popsicle sticks), sterile water, burn

dressings, etc. This is a kit that can manage serious and minor injuries. The ability to stabilize and sterilize can be lifesaving when outside sources become limited or unavailable.

2. **Utility shutoff tool** - The ability to control your gas and water meters is extremely important to minimize property damage and risk to life safety. To reduce the risk of fire and explosions immediately following an earthquake is critical. Always check the gas meter dials to determine a leak. As most leaks will be in the walls or attic of the home and you may not smell gas 'til it is too late. Look for a non-sparking metal tool that will turn off both your gas and water meters.



3. **Fire Extinguisher** - Since all fires start small, having an extinguisher handy is a great advantage for preserving life and property. Purchase an ABC dry chemical extinguisher. This type will extinguish all three classes of fire (ordinary combustibles, flammable liquids and electrical). Keep a fire extinguisher in the home and car. Periodically check the gauge for pressure.



- 4. Water storage** - Even though you may not need water in the next hour. It will become critical to your family's survival in the following hours and days. This not something you can get later. Store enough Water- a minimum of one gallon per person per day for 7-14 days for drinking and hygiene. Store tap water in approved barrels and treat with "Water Preserver" for five-year storage.

Keep "Water Purification Tablets" on hand to treat any untreated or questionable water. One tablet will treat one quart of water. Never store water in old bleach bottles, milk type plastic containers (as they are made from breathable plastic) in the garage because any fumes from vehicles, paints, solvents, pesticides will contaminate your supply.

- 5. Car Survival Kit** - Since we take our cars everywhere, place one in each family members car. You will always be prepared. Store 3-day Food Bar, Sterile Water Pouches, Medical, Warmth (thermal blanket) & Light

sticks and flashlight in your kit.



Wayne Bennett is a twenty-five-year fire captain in southern California. He is also the owner of Survival Skills & Co. a business specializing in Disaster Response training for Schools and Businesses. He has trained over 20,000 persons since 1991 how to save lives in his one day "Disaster Survival Skills" workshops. His company also provides realistic kits and supplies for disaster preparedness.

His company provides NIMS training, CPR & First Aid classes. He is a FEMA CERT instructor, American Heart Assoc. Instructor, National Safety Council training center. His training includes Urban Search and Rescue training, Swift water rescue, Ice rescue, High/low angle rope rescue, CSTI earthquake management, etc.

Visit his website at <http://www.disastersurvivalskills.com>.

SURVIVAL VOLCANO ERUPTION: 9 THINGS YOU CAN DO WHEN VOLCANO ERUPTS

Among the most powerful and destructive natural disasters, volcanic eruptions are catastrophic. They can build and destroy mountains. They can wipe out many villages and towns in a matter of moments. They can even cause global changes in the Earth's climate.

In 1883, the famous Krakatoa eruption sends more than 25 cubic kilometers of ash, rock, and pumice into the environment. Heard as far away as 2000 miles, it made the loudest sound ever reported. After it was over, over 165 towns and over 36,000 people were destroyed. In the year after the eruption, the world's temperature dropped over one degree Celsius, and normal temperatures did not return for another six years.

Scientists, who study volcanoes are called vulcanologist, are learning how to predict the likelihood and severity of eruptions. But they're a long way from being able to tell us when a volcano will blow its top. While there may be some general signs, like tremors or unusual animal behavior, it is important to understand some basic about the event so that you can prepare to response in an emergency to a volcanic event.

1. Become familiar with the terms scientists use to describe volcanoes and volcanic eruptions. That way, you can better understand news reports and information.

Volcanic ash is small dust particles and pieces of rock that are erupted into the air with volcanic gases. These ashes are highly acidic and can decompose fabrics, corrode metals, clog machinery, and

block water flows. Volcanic ash kills animals and plants. On roofs, it can build up to weights that will cause the building to collapse. Mixed with water, volcanic ash is like cement. It hardens quickly, making breathing deadly.

Pyroclastic flows are streams of molten volcanic rock, called lava. The speed at which they move depends on the terrain and the composition of the lava. Some pyroclastic flows move very quickly, engulfing everything in their path.

2. Learn the most likely places in your area for pyroclastic flows. Since they are semi-liquid, they'll probably follow low-lying areas like riverbeds and floodplains.
3. If a nearby volcano shows signs of erupting, stay away from it. The eruption could happen in the blink of an eye. If you're too close, you won't be able to escape.
4. If the government asks you to evacuate, do it immediately. Remember Pompeii. Even if your community isn't flooded by pyroclastic flows, it could be buried in ash. The only way to protect yourself, is to get out of the area. While you might find some protection in buildings, they can also become death traps.
5. Avoid crossing bridges that could be swept away in a fast-moving mudflow. If you must use a bridge to escape, try to

find out what's happening upstream so that you aren't caught unawares in an oncoming river of mud.

6. If the volcano is releasing volcanic ash, stay inside and leave your doors and windows closed. Wear a mask to protect your lungs.
7. When it is safe to do so, immediately remove volcanic ash from your rain gutters and roof. Volcanic ash is very heavy and can collapse buildings. As noted before, it can also become like concrete if it gets wet and permanently clog your pipes, drains, and gutters, diseases, especially to infants and old people with lung problems.
8. If you must drive, avoid places that already have a thick layer of ash or dust. And drive slowly to avoid getting caught in mudslides or pyroclastic flows.
9. Be prepared to provide your own necessities to carry you through several days of primitive living. Take spare batteries, heavy-duty dust masks, protective clothing, fresh drinking water, and enough food to keep your energy level up.

If you are in an area near an active volcano, you owe it to yourself to understand how volcanoes behave and the threats they present. Know what to do to preserve your life and protect your property. And if there are any signs of impending eruption, listen to the radio for updates and important life-saving information.

Volcanoes are one of nature's most powerful

forces, and much of their damage can't be prevented. Even after the eruption has passed, the event isn't over. There'll be massive clean-up, slow reconstruction, and lingering environmental and health problems. However, the better informed and prepared you are for such a terrible event, the more likely you will be to survive and remain healthy.

Pressure Canning Asparagus

Ingredients (makes about 1 quart or 2 pints)

- *3 ½ pounds asparagus per quart, washed and cut into 1" pieces and scaled removed*
- *Iodine free salt (optional but this enhances the flavor of the asparagus later)*
- *Water*
- *Pressure canner*

Preparations:

Bring a saucepot full of water to a boil. Add the asparagus and bring the water back to a boil. Boil the asparagus for 3 minutes. Put the asparagus into hot sterile jars leaving 1" headspace. If you would like salt in your asparagus, add ½ tsp of salt to each pint jar or 1 tsp of salt to each quart jar.

Add boiling water to each jar leaving 1" headspace. Remove any bubbles and add more water if necessary. Place a lid on top of each jar and adjust the band around each jar until fingertip tight. Process pint jars for 30 minutes or quarts at 40 minutes under 10 pounds of pressure.