



# WKC ARES Training

Large Scale Hazards in Kern County:

- Earthquake
- Flood
- Haz-Mat Release (accident? terrorism?)
- Thunderstorm (tornado?)
- High Wind (dust storm?)
- Fire
- Prolonged power outage

Some General Thoughts About Your Preparation:

- 1) Do I stay at home or leave (first CRITICAL decision)
- 2) What will I need to be able to do?
- 3) How will I do it? What will I need?

Rule of 3's: Under severe conditions, you can survive -

- 3 minutes without oxygen
- 3 hours without shelter
- 3 days without water
- 3 weeks without food

Comments on Water:

- You'll need at least 1 gallon of water per person per day - the average person will drink a half gallon per day
- Children, nursing mothers, the elderly, and sick people may need more
- Extreme heat may double the group's requirements
- A medical emergency could also require more water
- Store at least a 3-day supply....consider enough for TWO WEEKS! Lacking room, store as much as possible.

- If supplies run low, NEVER ration water. Drink what you need when you need it.....THEN worry about finding more.

#### Comments on Food:

- Keep a stock of canned or pre-packaged fish, meats, soup. Canned fruits, vegetables, and legumes, especially those packed in water or natural juices. Consider "snack-size" or individual portions. Unused portions won't have to be refrigerated!
- Be sure you have a good can opener!!!!
- Keep portable, nutritious, long-lasting snacks packed with energy: granola bars, cereal or energy bars, trail mix, dried fruits and berries.
- Dry goods such as whole-grain cereals and salt-free crackers.
- Long-lasting items including peanut butter, jelly, and honey
- You'll still need "comfort" foods: candy, cookies, favorite treats, and sweets (as long as they're NOT salty), instant coffee, tea bags (caffeine-FREE is best).

#### Inspect all canned goods before use. Throw out:

- swollen, dented, or corroded cans of food
- cans that hiss or spurt when opened
- any foods (including canned items) that have been in contact with floodwater
- any foods exposed to fire, even if they appear undamaged (this includes items stored in refrigerators or freezers)
- any food exposed to toxic chemicals. Canned goods may be used, but only if they are washed and immersed in a bleach solution (one teaspoon bleach per quart of water)

#### AVOID these foods:

- Salty foods, and those high in fat and/or protein. These will require you to drink more water.
- Freeze-dried or commercially dehydrated foods. They are great for camping/hiking, but often require a lot of water before they can be eaten.

- Items packaged in glass bottles and jars...they're heavy, and they may break. If stored improperly, they may also spoil sooner than items in non-transparent containers.
- Dried pasta and rice. These items will need water and cooking, which may be difficult.

Remember the events you watched on TV during the past few years. Did a 72 hour supply do it for those folks? Prepare your family for the worst and plan accordingly. The time to prepare is before the disaster so you are not the disaster!