



## PERSONAL EMERGENCY PREPAREDNESS COURSE

### CLASS # 7 - COMMUNITY PREPAREDNESS & EMOTIONAL PREPAREDNESS

**I. INTRODUCTION:** Thank you to all of you who have stuck it out through this whole course. You have only one more class to go after this one! The time and effort you are spending to get yourself and your family prepared is appreciated. This is so very important and the time and money you are spending will be worth it!

**II. COURSE OBJECTIVE:** As you know, the intention of this class is not only to provide you the necessary information to face a disaster, but also for you to really get prepared by gathering the supplies you need. So please keep up the good work!

**III. NEIGHBORHOOD PREPAREDNESS:** The next phase of your emergency preparedness is involving your neighbors, friends, clubs, workplaces, churches and civic groups in COMMUNITY PREPAREDNESS! You and your family can gather all the food, water and supplies that we have covered in this class. However, if you have unprepared neighbors, whose house do you think they will come to in the aftermath of a disaster? I am absolutely confident that in minor disaster situations, such as a windstorm with a few days of power outage, that each and every one of you would open your heart, your house and your supplies to share with your neighbors. Here is a scenario for you to consider: A massive disaster has just hit the nearest metro area to you. The destruction is unimaginable. It will probably be weeks before any supplies make it to your town, since all the focus will be on the Metro area, and/or the damage is so wide spread. The same way that so much focus was on New Orleans after Katrina, when the truth is that a huge portion of the Gulf Coast was severely affected, and the farther away the people were from the national focus, the longer they waited for help. You have a neighbor to your right who is elderly and has four cats, you have neighbors to the left who have three children and two dogs, and a neighbor across the street who is a single parent with two children. None of them are prepared at all to face a disaster. They only have the food in their fridge, which will go bad in a day or two since the power is out, and some food in the cupboards. They have no bottled water and only minimal other supplies which are scattered here and there in their home. You have enough food for yourself and your family to last a couple of weeks, but not if you share. Here is the very hard and very human question I put forth – do you share your food, water and supplies with your neighbors, or do you keep it for your own family's survival and possibly end up defending and protecting your precious rations from

your neighbors and friends? How far will you go to protect your stuff and ensure your own survival? This is the dark side of disasters, this is when the best and the worst in people comes out. HOWEVER, if your neighbors are prepared TOO, they won't come after your supplies, and you can all work together as a community to rebuild after the disaster. Please seriously consider becoming a group leader and bring this class into your neighborhood, club, church, business associates or group of friends. This will involve a little preplanning on your part, and meeting once a month with the group you decide to help lead. The eight-month course has already been prepared for you, with all the information and handouts available with the click of a mouse from [www.getemergencyprepared.com](http://www.getemergencyprepared.com) . The only thing you need to do is gather a group of people, and sit down once a month in someone's living room, or the neighborhood clubhouse, or anyplace else that works to sit down in a round table fashion, and go over this information together as a group. You don't need to stand in front of a class like an instructor. This information can be reviewed in a very informal and comfortable setting. Each and every one of you can do this and help your entire community to increase their chance of survival during and after a disaster, and to keep your neighbors from becoming a BURDEN upon YOU! Go to the "Neighborhoods" link at [www.getemergencyprepared.com/neighborhood.html](http://www.getemergencyprepared.com/neighborhood.html) for lots of information and additional help on getting your neighborhood prepared.

**IV. DISASTER OF THE MONTH:** Review a disaster from the DISASTERS page.

**V. EMOTIONAL DISASTER PREPAREDNESS:** Review "Emotional Disaster Preparedness" by Deborah Bier.

## **VI. SUMMARY**

Continue to gather your supplies, and work really hard on getting your Home Equipment Kit completed – but take your time if this is overwhelming! DON'T GIVE UP!! Continue to work on securing your home, and budget this as you can afford it. If you have not yet located your shut offs for your utilities, please make that a priority this month. You are almost there – HANG IN THERE and GOOD JOB!

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