

# **Business and Personal Disaster Preparedness**

**PSA by Tom Antion**

## **Personal**

### **Overall Keep Your Mouth Shut!**

#### **Before a Pandemic**

From: <https://www.ready.gov/pandemic>

- Store a two-week supply of water and food.
- Check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.

#### **FEMA**

<https://www.fema.gov/preparedness-checklists-toolkits>

## Red Cross Preparedness Store

<https://www.redcross.org/store/preparedness>

## Pandemic Preparedness

<https://www.ready.gov/pandemic>

## CDC Info on Coronavirus

[https://www.cdc.gov/coronavirus/2019-ncov/about/index.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fabout%2Findex.html](https://www.cdc.gov/coronavirus/2019-ncov/about/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2Fabout%2Findex.html)

## CDC Coronavirus Travel info

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

## General Flu site

<https://www.cdc.gov/flu/>

## MUST

- **Heat** Fireplace, Propane Buddy Heater, Flower Pot Heater with Candles, Sleeping Bags
- **Water** - one gallon/per person/per day/ Family of four two weeks 56 gallon. Approx 11, 5-gallon jugs approx. \$7.00/5 gal. Swimming Pool water **NOT THE FIRST CHOICE**  
**LEARN WATER PURIFICATION**  
<https://www.superprepper.com/drinking-pool-water/>
- **Food Storage**
  - Mylar Bags,
  - Moisture / Oxygen Absorbers
  - Food Grade 5 gal buckets (air tight)

- **Food**  
<https://www.firstforwomen.com/posts/food-recipes/non-perishable-food-159219>
- **Cooking**
  - Rocket Stove,
  - Hobo Stove
  - <https://commonsensehome.com/emergency-cooking/>
- **Hygiene**
  - <https://www.beprepared.com/blog/5920/sanitation-and-hygiene-during-an-emergency-2/>
- **Medical Supplies**
- **“Save Your Stuff” Scott Haskins**

## **Personal Safety, Looting vs Scavenging, Gangs**

- **Stay Safe During Civil Unrest**  
<https://www.worldnomads.com/travelsafety/worldwide/safety-advice-civil-unrest>
- **Gray Man Theory – Blend in, Look plain**  
<https://readytogosurvival.com/gray-man/>
- **REMINDER – KEEP YOUR MOUTH SHUT**
- **Lights Out** – (see Gray Man Theory)
- **Safe Room** – Google it
- **Don’t put all supplies in one place**
- **If possibly stash supplies far from your house**
- **Decide on weaponry, or if you will just give up your stuff**
- **What are the laws of your state?**
- **Perimeter Alerts**
- **Dogs**
- **BTraps**

# Business

An estimated 25 percent of businesses don't open again after a major disaster, according to the Institute for Business and Home Safety. Protect your small business by identifying the risks relevant to your location, both natural and man-made. Then, keep your plan of action updated.

News today. Surge in working from home and zoom stock

## **IRS Guide to Preparing for Disaster**

<https://www.irs.gov/businesses/small-businesses-self-employed/preparing-for-a-disaster-taxpayers-and-businesses>

## **Emergency Preparedness for Business**

<https://www.thehartford.com/claims/business-emergency-preparedness>

**9/11**

## **Digital Products**