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PERSONAL EMERGENCY PREPAREDNESS COURSE

CLASS #3 - 1st Aid, Prescription Drugs, Sanitation and Water - Cont'd

I. INTRODUCTION: Welcome back to the third class in the Personal Emergency Preparedness Course. By now you should have completed your paperwork part of this course, and be well underway with purchasing your food and water supplies.

II. COURSE OBJECTIVE: The objective of this course is not only to give you the information you need to be prepared for many types of disasters, but also to encourage you to DO what you need to do in order to become ACTUALLY "prepared". The last class went over your food and water supplies. Have you to purchase your food and water? Great! If you haven't started yet, begin to work on it and set a realistic goal in order to get it done!

This class will continue to discuss water. There is a very comprehensive page about numerous options of obtaining and purifying water. We will also be cover the supplies we need to have in our first aid kit, which will be this month's purchasing project.

III. DISASTER OF THE MONTH: Please review one or two disasters from the "DISASTER" page on www.getemergencyprepared.com. Familiarize yourself with these disasters and think about how they may affect you. Not all disasters are even possible in all areas of the country, so focus first on the ones that are most likely to affect your area.

IV. WATER:

Review the document "All About Water".

V. FIRST AID KITS:

Review the document "First Aid Kit". This list also includes Potassium Iodide, which is a thyroid-blocking agent for radiation exposure. This is what authorities gave the people who were exposed to the radiation after the Chernobyl incident.

VI. PRESCRIPTION DRUGS:

Review prescription drugs document. This is vitally important information for persons who are dependent upon medical prescriptions. Discuss personal options with people who have medications that must be refrigerated. Chemical cold packs may be an option to keep these medications cold if refrigeration or ice is not available.

VII. HUMAN WASTE SANITATION:

Review the Army study guide for handling human waste. This is a serious issue especially in urban locations should the public sewer system stop working due to loss of power or broken pipes. There are many different methods of sanitation depending upon location, space allowed, and type of land.

VIII. SUMMARY

Thank you for taking all the time you are taking in order to become Emergency and Disaster Prepared. Please continue to work on getting your food and water together, and gather the supplies for your first aid kit before moving on to the next class.

This information and the other information that is provided on the website www.getemergencyprepared.com does not in any way guarantee or promise your safety or survival in any disaster or situation. This is for informational purposes only and is to be used at the discretion of the individual, family, or group that is using it. Not all information or suggestions apply to all people and / or situations and people are encouraged to use common sense in all situations.

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