

# Is your Emergency Plan Resilient?

*By David Chisholm*

The Holidays are over, with the lights, parties, gift giving gone for another year. It is now time to get back to ever day living. In the area of preparedness it is time to review just how resilient we are when our normal routine is disrupted by some unexpected event. For some time families have been encouraged to put together a 72 hour kit for an emergency. For our area most people think earthquake.

What about preparing for some smaller event like a 24 hour power outage; the loss of water or sewer service for a day or two; the need to leave your home for a period of time. These are all events that will require us thinking about what to have on hand and what to be ready to take quickly. 72 hour kits are not a onetime purchase and to be put away for a rainy day. They do not even have to contain everything that we may need, just the basics. Each home should have enough of the every day needs to keep them for a week or more without going to the store. This includes water, ready to eat and non perishable foods, personal items, medication, sanitation needs, etc. This will vary from family to family. We should also have a way to take needed item with us if we are required to leave our homes and stay somewhere else for one, two, three, or more days.

This preparation should not put a strain on the budget. If we have a plan and buy just one extra item each week in a short time we will have most of what we will need to keep us for 72 hours or more. Battery powered radios and flash lights with a supply of batteries may not be items we use every day, however, should be kept on hand at all times. A way to charge cell phones without commercial power is also good to have.

We hope that every family in the City will do something to help them be more resilient this coming year.