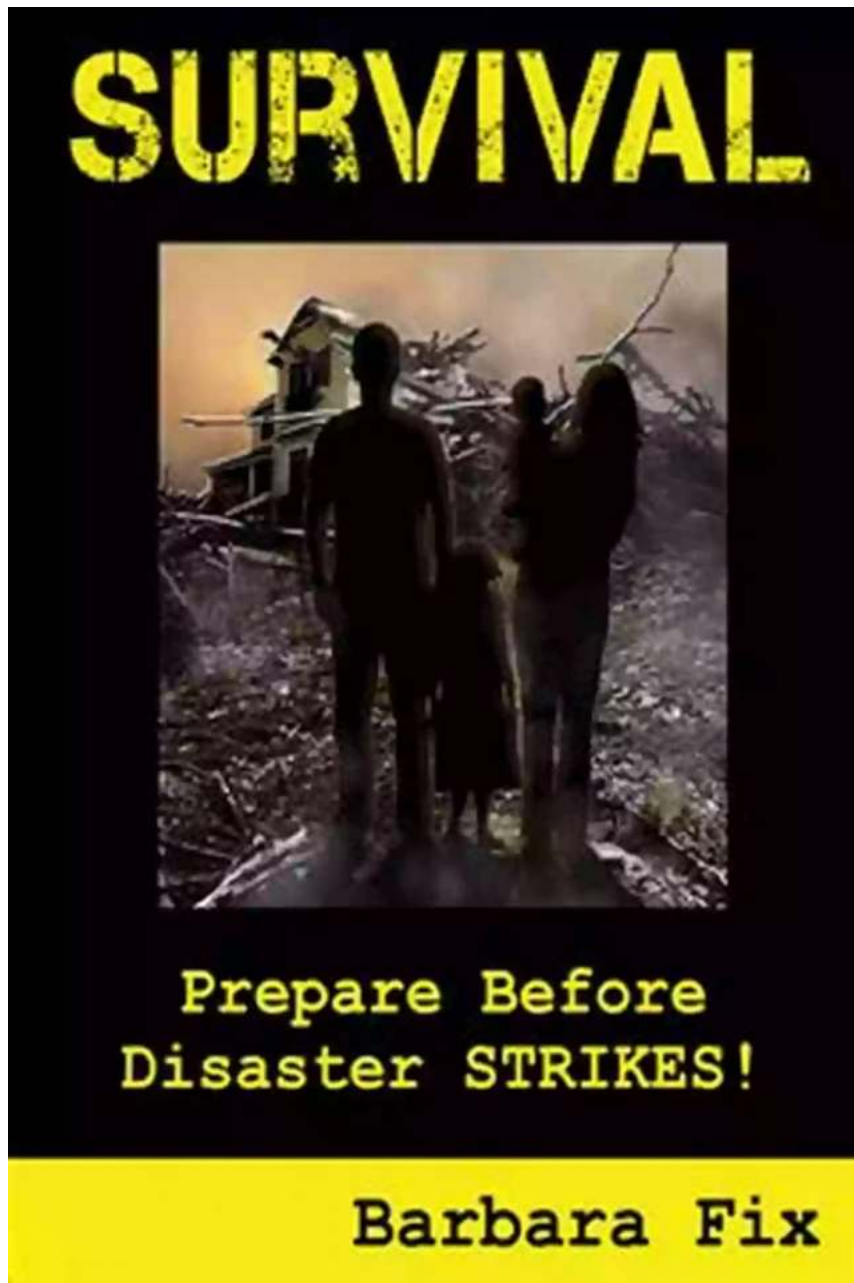


# Survival Prepare Before Disaster Strikes



Disasters can strike at any time and are often unexpected. Whether it's a natural disaster such as a hurricane, earthquake, or flood, or a human-made disaster like a terrorist attack or an economic collapse, being prepared for such situations can make all the difference in your survival. In this article, we will discuss the essential steps and strategies you should take to ensure your safety and well-

being when disaster strikes. Read on to discover the key aspects of survival preparedness.

## 1. Build a Survival Kit

One of the most crucial things you can do before disaster strikes is to build a comprehensive survival kit. This kit should include essential items such as water, non-perishable food, a first aid kit, flashlights, batteries, a multi-tool, a portable radio, and a whistle. Additionally, consider adding extra clothing, blankets, a portable stove, and a means of communication like a prepaid cell phone or a hand-crank emergency radio.



### Survival: Prepare Before Disaster Strikes

by Barbara Fix(Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 497 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 220 pages

Lending : Enabled



## 2. Create a Communication Plan

During a disaster, communication is vital. Establish a communication plan with your family or close friends, specifying how to contact each other and where to meet in case you get separated. It is also wise to have a designated out-of-state contact person in case local communication is disrupted.

### **3. Learn Basic Survival Skills**

Developing a solid set of survival skills can greatly increase your chances of making it through a disaster unscathed. Learn how to start a fire, find and purify water, build a makeshift shelter, administer basic first aid, and navigate without a compass. Having these skills will give you confidence and empower you to handle various emergency situations.

### **4. Stay Informed**

Knowledge is power, especially in times of crisis. Stay informed about potential threats in your area by monitoring news updates, weather reports, and emergency alerts. Sign up for local emergency notification systems, follow reliable sources on social media, or consider investing in a weather radio. Being aware of the situation will enable you to react promptly and make informed decisions.

### **5. Prepare Your Home**

Make your home a safe haven during disasters by taking some simple steps. Secure heavy furniture and appliances to prevent them from toppling over. Install reinforced windows and doors, and consider placing plywood boards over windows to protect against shattered glass. Stockpile emergency supplies and create a designated safe area in your home, such as a basement or an interior room, where you can seek shelter in case of emergencies.

### **6. Evacuation Planning**

In certain situations, evacuating your home may be necessary. Develop an evacuation plan and identify multiple routes to leave your area quickly. Determine the nearest emergency shelters and have alternative accommodations lined up, such as staying with friends or relatives outside the affected area. Pack essential

supplies in a portable bag or backpack, including important documents, medication, clothing, and personal hygiene items.

## 7. Mental and Emotional Preparedness

Surviving a disaster is not just about physical well-being; it also involves mental and emotional preparedness. Fear, anxiety, and panic can cloud your judgment and hinder your ability to make rational decisions. Practice stress management techniques regularly, such as deep breathing exercises and mindfulness. Additionally, focus on building a strong support network of friends and family who can provide emotional support during challenging times.

Disasters can occur unexpectedly, but being prepared can significantly increase your chances of survival. Building a survival kit, creating a communication plan, learning basic survival skills, staying informed, preparing your home, and planning for evacuation are essential steps to take before disaster strikes. Additionally, nurturing mental and emotional preparedness will help you remain calm and focused during difficult times. Remember, the more prepared you are, the better equipped you will be to face any disaster that comes your way.



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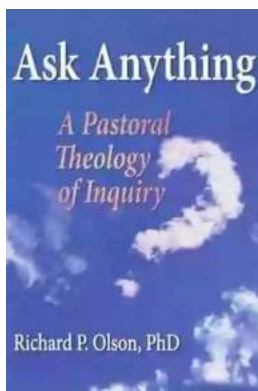


If there was an unexpected emergency, do you have a 72-hour emergency kit stored in your car that will get you home safely? And when you arrive will there be enough food, water and medical supplies to see you and your loved ones past a short-term or long-term crisis? If the answer is no, *Survival: Prepare Before Disaster Strikes* offers common sense, drama-free advice on food storage, preparedness goods and getting your home survival-ready—whether it is in the city or the country—that won't break the bank!

#### About the Author

Barbara Fix was born and raised on an Alaskan homestead, dodging moose on the way to the outhouse and playing Scrabble by lamplight. She currently lives off-grid in North Idaho with fewer moose and alternative power. Barbara is a published author of numerous articles and advice columns related to preparedness and gardening.

For current news, tips and fun with preparedness, visit Barbara's blog site: [www.survivaldiva.com](http://www.survivaldiva.com)



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