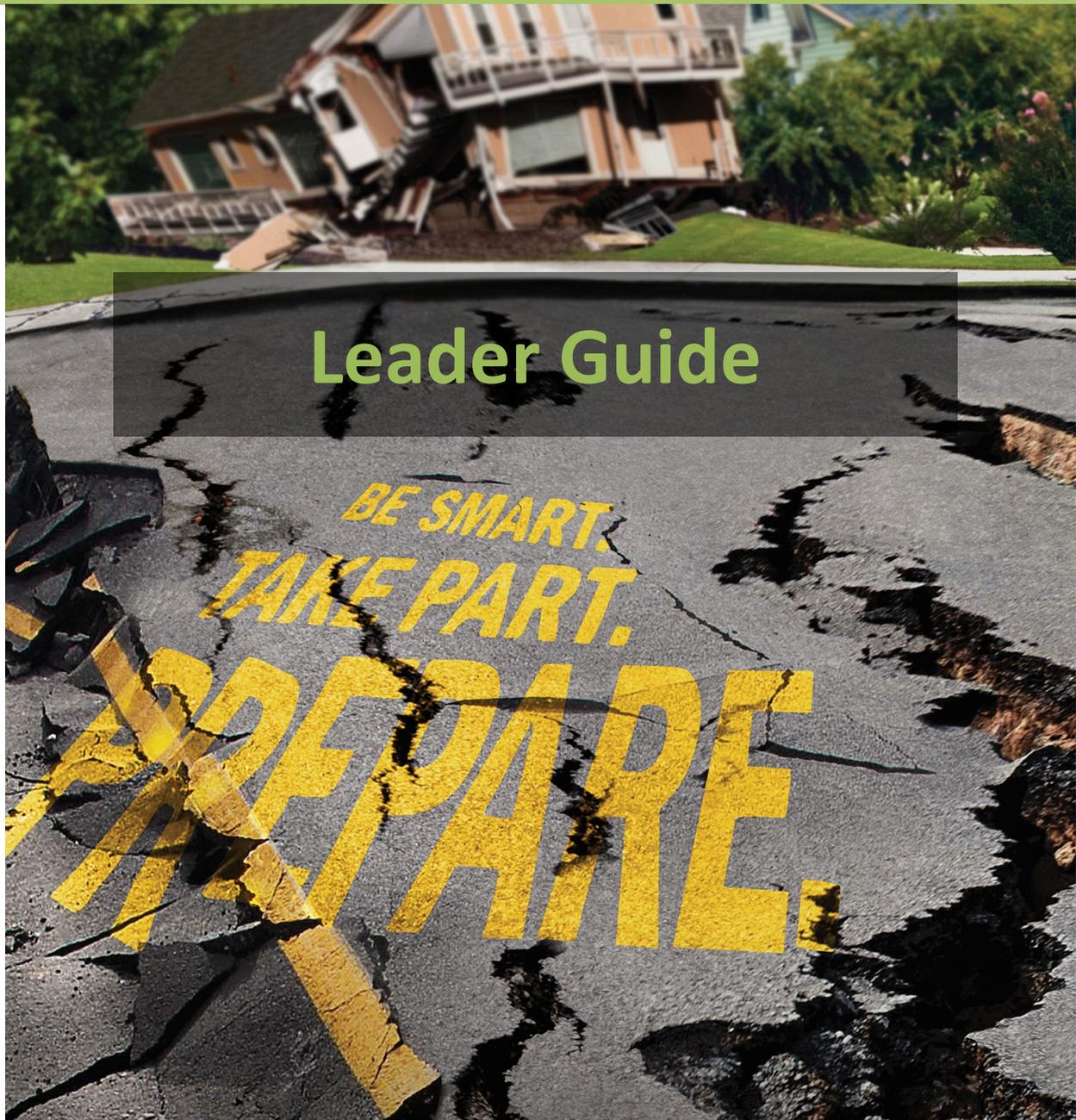


Are You Ready for Disaster?

A 4 Week Small Group Study on Biblical Disaster Preparedness



"Raising up the foundations of many generations" Is. 58:12

Are You Ready for Disaster?

Disaster can strike at any time, and when it does, people look to their community and faith leaders for guidance. Studies on the impact of disasters, from 9/11 and Hurricane Katrina to local wildfires, describe community and faith-based organizations' critical role as sources of physical, social, and spiritual care. When disaster strikes, initial services may not come from the government but rather from community organizations, churches, synagogues, mosques, and other faith-based organizations. BRC designed the Ark of Safety program to prepare organizations to respond and recover from major emergencies and disasters.

Matthew 5:14-16 – “¹⁴ You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” NIV

In order to be the light in our communities in times of disaster, the Church must first be prepared. This study will equip you to show God's love by serving the community in times of disaster through protecting lives and property by effectively preparing for, responding to, and recovering from emergencies.

A note for Study Leaders: It is recommended that churches provide printed copies of Study Guide to their bible study groups. This Leader version of the Study Guide shows the “fill in the blank” answers in underline. Suggested Leader comments are also underlined. In a few instances, Study participants are asked to check boxes. In this Leader Study Guide the correct answers are already checked: 2nd. Although this Bible study is designed as a weekly study over a four week period, feel free to break it into shorter segments spread out over months if that works better for your group. God bless!

Debra Williams, CEO, Building Resilient Communities

This Bible study was compiled by Dan Coleman, Training Coordinator Building Resilient Communities. Special thanks to Pastors Janelle Coleman and Melanie Neilson, Cucamonga Christian Fellowship, for their review and suggestions.

Are You Ready for Disaster?

Study (Week 1) - What the Bible says about disaster preparedness

Welcome

- If this is your first time to meet together as a group, or if you have new members, be sure to introduce yourselves.
- Leader Ask: What are you hoping to get out of this study of Are You Ready?

Worship

Prayer – Leader Ask someone to pray this prayer aloud:

Lord thank you for your Word that teaches us to be prepared so that we can show your love by serving our community in times of disaster and to keep our families safe. Teach us how to prepare for, respond to, and recover from emergencies and disasters. Amen.

Leader: Ask for someone to read verse aloud:

Proverbs 27:12 - “A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers for it.” NLT

- What are the natural and man-made hazards that can happen in your community?
 - _____
 - _____
 - _____
- The seeing person takes action. What disaster actions/preparations has your family made at home?
 - _____
 - _____
 - _____
 - _____
- SoCal is earthquake country. Where can I find what other hazards are most likely in my community?
 - ✓ CalOES MyHazards <http://myhazards.caloes.ca.gov/>
 - ✓ Local Hazard Mitigation Plan

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Leader: Ask for someone to read verse aloud:

Matthew 25: 1-4; 7-9 - “Then the Kingdom of Heaven will be like ten bridesmaids who took their lamps and went to meet the bridegroom. ² Five of them were foolish, and five were wise. ³ The five who were foolish didn’t take enough olive oil for their lamps, ⁴ but the other five were wise enough to take along extra oil. ⁷ “All the bridesmaids got up and prepared their lamps. ⁸ Then the five foolish ones asked the others, ‘Please give us some of your oil because our lamps are going out.’ ⁹ “But the others replied, ‘We don’t have enough for all of us. Go to a shop and buy some for yourselves.’ NLT

Leader: In the Parable of the Ten Bridesmaids, Jesus is talking about the Kingdom of Heaven, with Himself portrayed as the bridegroom. This parable also speaks to the wisdom of planning ahead, of being ready for what is coming. In short, the wise were ready and the foolish were not prepared. **Procrastination is not an emergency plan.**

■ What is hindering you from getting prepared? (check all that apply)

- Don’t know how or where to start
- Too expensive
- I’m too busy
- Don’t think disasters will happen to my family
- Other: _____
- Other: _____

■ The Parable of the Ten Bridesmaids should not be interpreted as an excuse not to share. For Jesus said **“Love your neighbor as yourself” Matthew 22: 39.** As a group, brainstorm ways you can demonstrate God’s love in your neighborhood in times of disaster:

- _____
- _____
- _____
- _____
- _____

Are You Ready for Disaster?

- What preparations does your family need to make in order to be able to help your neighbors following a disaster?

- _____
- _____
- _____
- _____
- _____

The Greatest Commandments

Leader: Ask for someone to read verse aloud:

Matthew 22: 36-39 - ³⁶ “Teacher, which is the greatest commandment in the Law? ³⁷ Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself.’ NIV

Leader: God is love and He wants us to experience His love and share it.

- In the second commandment, what is God’s expectation of us, particularly after disaster?

In Luke 10:29-36 Jesus is asked: ²⁹ **“But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”** Jesus answers with the Parable of the Good Samaritan, then asks a question of His own: ³⁶ **“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”** ³⁷ **The expert in the law replied, “The one who had mercy on him.”** Jesus told him, **“Go and do likewise.”** NIV

- Who do you think is your neighbor? The people who live on your street? The people who live in your community? Does that change during a disaster or emergency?

Are You Ready for Disaster?

Study (Week 2) - Get a Kit



Prayer – Leader Ask someone to pray this prayer aloud:

Lord, you are the sources of wisdom, knowledge and understanding. Teach us to hear your voice and obey your commands. Help us to have the wisdom to see the danger ahead and understand the need to take action to do all that we can to be prepared. Amen.

Leader: Ask for someone to read verse aloud:

Genesis 6 – “¹³ So God said to Noah, “I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. ¹⁴ So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. ¹⁷ I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. ¹⁸ But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons’ wives with you. ²¹ You are to take every kind of food that is to be eaten and store it away as food for you and for them. ²² Noah did everything just as God commanded him.” NIV

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Leader: In the story of Noah and the ark, God not only warned Noah that He was sending a mighty flood--that would last 40 days and nights--to destroy every living thing, but He gave Noah a plan on how to get prepared. Wisely, Noah didn't wait for the rain to start to begin building the ark!

-
- What would have been the consequences for Noah, his family, and all animal life, if he had not obeyed God?
 - If you need a warning to be motivated to prepare for emergencies and disasters, here it is: **WARNING: disasters can happen anytime, anywhere and to anyone. Here are a few disaster facts courtesy of FEMA:**
 - The number and intensity of disasters has been increasing for decades.
 - There are 300 known faults in SoCal. The 1994 Northridge Earthquake happened on a previously undiscovered fault.
 - FEMA ranks California as having the 2nd 5th 8th highest # of natural disasters in US since 1953.
 - FEMA ranks San Bernardino County as 2nd 8th 9th highest of all counties on the National Risk Index.

Leader: Ask for someone to read verse aloud:

Proverbs 21:20 – “²⁰The wise store up choice food and olive oil, but fools gulp theirs down.” NIV

“Gathering emergency supplies for an emergency supply kit is an essential component to disaster preparedness. After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.” Ready.gov

- You may already have more basic emergency supplies at home than you think: you just need to organize them. Don't forget to check camping supplies! Check items that you know you have:
 - Water & food
 - Camping stove or barbecue and extra fuel

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- First aid kit (family size)
 - Prescription medicine
 - Over-the-counter medicine for cough, colds, flu, fever, pain, etc.
 - Phone battery or charger
 - Hand sanitizer
 - Flashlights and extra batteries
 - Fire extinguisher
 - Important family documents stored in electronic format on a USB or portable drive (e.g., deed to house, insurance policies/coverage, birth certificates, social security cards, etc.)
 - Cash (no larger than \$20 bills)
 - Whistle to signal for help
 - Dust masks
 - Plastic sheeting/drop cloths and duct tape
 - Wrench to turn off gas utility
 - Can opener (manual)
 - Add more emergency supplies as needed using FEMA Emergency Supply List brochure provided in the back of this Bible Study Guide
- How much water & food do I need at home? FEMA recommends having enough to last 14 days.
- What other basic emergency supply items would keep your family more safe, comfortable and healthy? Leader: Ask each person to list one item.
- _____
 - _____
 - _____
 - _____
- Where do I start?
- Water - You need 1 gallon/person/day for drinking, bathing, and cooking. You can only last 3 days without water.
 - Organize the supplies at home you already have into storage totes
- Building Resilient Communities online store has a wide range of emergency supplies, including home and office kits, auto kits, first aid kits, and emergency food and water. Visit our online store at:
<https://brcus.square.site/>

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Study (Week 3) - Make a Plan

Prayer – Leader Ask someone to pray this prayer aloud:

Lord, you are our banner, our means of victory. Show us your plan for victory over disasters. Guide our steps in the weeks ahead as we prepare our families and our church. Amen.

Leader: Ask for someone to read verse aloud:

Joseph Interprets Pharaoh's Dream

Genesis 41 - ¹⁵ Pharaoh said to Joseph, "I had a dream, and no one can interpret it. But I have heard it said of you that when you hear a dream you can interpret it. ²⁵ Then Joseph said to Pharaoh, "The dreams of Pharaoh are one and the same. God has revealed to Pharaoh what he is about to do. ²⁹ Seven years of great abundance are coming throughout the land of Egypt, ³⁰ but seven years of famine will follow them. Then all the abundance in Egypt will be forgotten, and the famine will ravage the land. ³⁴ Let Pharaoh appoint commissioners over the land to take a fifth of the harvest of Egypt during the seven years of abundance. ³⁵ They should collect all the food of these good years that are coming and store up the grain under the authority of Pharaoh, to be kept in the cities for food. ³⁶ This food should be held in reserve for the country, to be used during the seven years of famine that will come upon Egypt, so that the country may not be ruined by the famine. ⁵⁶ When the famine had spread over the whole country, Joseph opened all the storehouses and sold grain to the Egyptians, for the famine was severe throughout Egypt. ⁵⁷ And all the world came to Egypt to buy grain from Joseph, because the famine was severe everywhere."

- What does the story of Joseph's interpretation of Pharaoh's dream tell us about disaster preparedness?
- What comparisons can be made between the famine in Egypt and the Great California ShakeOut scenario of a 7.8 magnitude catastrophic earthquake along the San Andreas Fault in SoCal?

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Leader: This ShakeOut scenario earthquake is calculated to be a magnitude at least 30 times stronger than Northridge earthquake, last about two minutes, involve 300 miles of the fault and cause strong shaking over thousands of square miles. By comparison, the 1994 Northridge earthquake was not a big earthquake (6.7 magnitude), was limited to a 10-mile long fault and lasted only 7 seconds.

Watch this 1 minute FEMA video: “Winging it is Not an Emergency Plan”
www.youtube.com/watch?v=4mHRPrkGvEo

Creating a Family Emergency Plan

“Being prepared for disasters starts at home. Everyone can be part of helping to prepare for emergencies. Young children and teens alike can be a part of the process. As a parent, guardian, or other family member, you have an important role to play when it comes to protecting the children in your life and helping them be prepared in case disaster strikes.” Ready.gov/plan

- “Your Family Emergency Plan doesn’t have to be long, but should address the following:
 - ✓ How you will receive emergency alerts and warnings
 - ✓ Shelter-in-place
 - ✓ Evacuation route and shelter locations
 - ✓ A reliable form of communicating with family members

- “Keep in mind some of these factors when developing your plan:
 - ✓ Different ages of members within your household
 - ✓ Responsibilities for assisting others
 - ✓ Special dietary needs
 - ✓ Medical needs including prescriptions and equipment
 - ✓ Disabilities or access and functional needs including devices and equipment
 - ✓ Pets or service animals” Ready.gov

Are You Ready for Disaster?

Creating a Family Emergency Communication Plan

Leader: Ask for someone to read this paragraph aloud:

“Creating your Family Emergency Communication Plan starts with one simple question: ‘What if?’ What if something happens and I’m not with my family? Will I be able to reach them? How will I know they are safe? How can I let them know I’m OK? During a disaster, you will need to send and receive information from your family. Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.” Ready.gov

- Download and fill out a Family Emergency Communication Plan at: <https://www.ready.gov/sites/default/files/2021-02/family-emergency-communication-plan.pdf>
- Practice your Family Emergency Plan at least every six months. Tip: Schedule practice on Daylight Savings Time in Fall and Spring.
- Following a disaster, letting your loved ones know you are safe can bring them great peace of mind. The American Red Cross has two easy ways to help people reconnect:
 - ✓ **Emergency! App** – The Red Cross Emergency! App features an “I’m Safe” button that allows users to post a message to their social accounts, letting friends and family know they are out of harm’s way. The Emergency! App is free and can be found in the app store for your mobile device by searching for “American Red Cross” or by going to redcross.org/apps. Download the Emergency! App by texting: **“GETEMERGENCY”** to **90999** or installing free from the App Store or Google Play.
 - ✓ **Safe and Well** – The Red Cross also offers the Safe and Well website which is a secure and more private option than the “I’m Safe” feature on the

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Emergency App. It allows people to list their own status and allows friends and family to search for messages from their loved ones. The Safe and Well website is a free public reunification tool that allows individuals and organizations to register and post messages to indicate that they are safe, or to search for loved ones. The site is always available and open to the public and available in Spanish. Registrations and searches can be done directly on the website:

- **English** - www.redcross.org/safeandwell
- **Spanish** - <https://safeandwell-es.communityos.org/zf/safe/add>
- Registrations can also be completed by texting SAFE to 78876. Messages exist in both Spanish and English. To speak with someone at the American Red Cross concerning a missing friend or relative, please contact 1-800 Red Cross.

Ready
Write your family's name above
Family Emergency Communication Plan

CREATE YOUR FAMILY EMERGENCY COMMUNICATION PLAN
FEMA

Creating your *Family Emergency Communication Plan* starts with one simple question: "What if..."
"What if something happens and I'm not with my family?" "Will I be able to reach them?" "How will I know they are safe?" "How can I let them know I'm OK?" During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

- 1. COLLECT.**
Create a paper copy of the contact information for your family and other important people/offices such as medical facilities, doctors, schools, or service providers.
- 2. SHARE.**
Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
- 3. PRACTICE.**
Have regular household meetings to review and practice your plan.

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Study (Week 4) - Be Informed

Prayer – Leader Ask someone to pray this prayer aloud:

Lord, help us to be teachable and give us the wisdom to understand the importance of preparedness. Give us your heart to love others, not just in disaster, but at all times. Help us to care for others and our communities as you have cared for us. Amen.

Leader: Ask for someone to read both verses aloud:

Proverbs 2:6 – “⁶For the LORD gives wisdom; from his mouth come knowledge and understanding.” NIV

Proverbs 18:15 – “¹⁵Intelligent people are always ready to learn. Their ears are open for knowledge.” NLT

- Where can you find current, official and accurate information in an emergency or disaster? Leader: Ask group to brainstorm and list as many as possible. Suggest other methods not listed by group. Possible answers include: local alert systems, phone apps, websites and 211, television, radio. Caution to be careful with social media – use only trusted, reliable sources.

- _____
- _____
- _____
- _____
- _____

- What are some non-official sources of information that may not be current or accurate? Leader: Possible answers include: non-government social media, neighbors, friends “word of mouth”, non-government websites/blogs.

- _____
- _____
- _____
- _____

- Sign up for local emergency alert system:
 - **Riverside County:** <https://rivcoready.org/AlertRivCo>
 - **San Bernardino County:**

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- ✓ <https://www.sbcounty.gov/SBCFire/TENS/TENSContact.aspx>
- ✓ Those without internet connection can sign up by calling 211 or 1(909) 980-2857 for assistance in registering.
- **Ready SB County App:** Download onto your smart phone
- **For Other Areas:** Contact your local government for info on how to sign up for the alert system they use in your community.

The parable of the Good Samaritan

Leader: Ask for someone to read verse aloud:

Luke 10:25-37 – “²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” ²⁶ “What is written in the Law?” he replied. “How do you read it?” ²⁷ He answered, ““Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” ²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.” ²⁹ But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

³⁰ In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

³⁶ “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” ³⁷ The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.” NIV

Leader: Love is observant and compassionate. Love requires us to initiate action. Love is costly. Love is not convenient. Love heals.

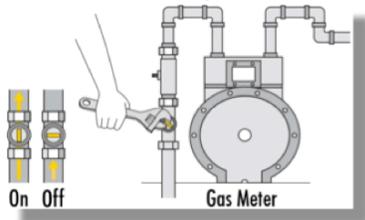
Are You Ready for Disaster?

- How does this parable apply to disaster preparedness in your family's neighborhood and community?
- Why get involved when someone is badly injured? "According to a recent National Academies of Science study, trauma is the leading cause of death for Americans under age 46. Life-threatening injuries require immediate action to prevent an injured person from dying. Those nearest to someone with life-threatening injuries are best positioned to provide first care." FEMA

You Are The Help Until Help Arrives

"Life threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You Are the Help Until Help Arrives. Learn five simple steps that may save a life" for free at <https://community.fema.gov/until-help-arrives>

- Get training to help your family and your neighbors:
 - Community Emergency Response Team (CERT) - Free
 - CPR/First Aid/AED
 - Psychological First Aid
 - Emergency Communication
- Teach your family when and how to safely shut off utilities:

<p>Turning Off Gas</p> <ul style="list-style-type: none">✓ If you smell gas or suspect a leak, turn off the main gas valve✓ Horizontal is Off✓ Open windows✓ Evacuate safely  <p>On Off Gas Meter</p>	<p>Turning Off Electricity</p> <ul style="list-style-type: none">✓ If you find sparking or broken wiring, turn off main power at breaker panel✓ Evacuate safely 	<p>Turning Off Water</p> <ul style="list-style-type: none">✓ If you find flooding, leaks or broken pipes, turn off main water shut off valve 
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- Ask group to fill out the "My Preparedness Promise" on next page as a personal action plan for their family.

Are You Ready for Disaster?

My Preparedness Promise

Leader: Ask everyone to complete their own My Preparedness Promise and post it on their refrigerator as a reminder. Work together as a family to get prepared.

I promise to take the preparedness challenge to prepare myself and my family for an emergency or disaster situation by taking the following actions:

<input type="checkbox"/> Create a home Emergency Supply Kit (or update existing Kit)
<input type="checkbox"/> Stock at least a two week supply of water and food at home
<input type="checkbox"/> Create a “go bag” of personal emergency supplies for your car
<input type="checkbox"/> Create a Family Emergency Plan (or update existing Plan) together
<input type="checkbox"/> Download FREE Ready SB County app onto my smart phone at:
<input type="checkbox"/> Take a First Aid/CPR/AED class
<input type="checkbox"/> Take Community Emergency Response Team (CERT) training if available in my city
<input type="checkbox"/> Take “You Are the Help Until Help Arrives” online training at: https://community.fema.gov/until-help-arrives
<input type="checkbox"/> Register my cell phone with San Bernardino County Telephone Emergency Notification System (TENS) at: www.sbcounty.gov/sbcfire/Tens/TensContact.aspx
<input type="checkbox"/> Visit www.ready.gov to learn more about preparedness

Signature: _____

Date: _____

Are You Ready for Disaster?

Want to learn more about disaster preparedness?

We may not be able to control all that comes our way, but we can control how we respond. If you are a leader, clergy member, employee, or volunteer at a house of worship looking to thrive in 2021, sign up for Building Resilient Communities' "How To Start An Emergency Preparedness Ministry" webinar training series! We will take you through each step of preparing your staff, volunteers, and congregation to overcome all kinds of disasters (earthquakes, fires, COVID-19, etc.) Not a house of worship? We have several training resources planned for personal, business, and nonprofit preparedness. Check our website for upcoming webinars: <https://www.brcus.org/learning-center/events/>



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FEMA Emergency Supply List

https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Through its **Ready Campaign**, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready  
Federal Emergency Management Agency
Washington, DC 20472



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Ready 
Prepare. Plan. Stay Informed.®



Emergency Supply List

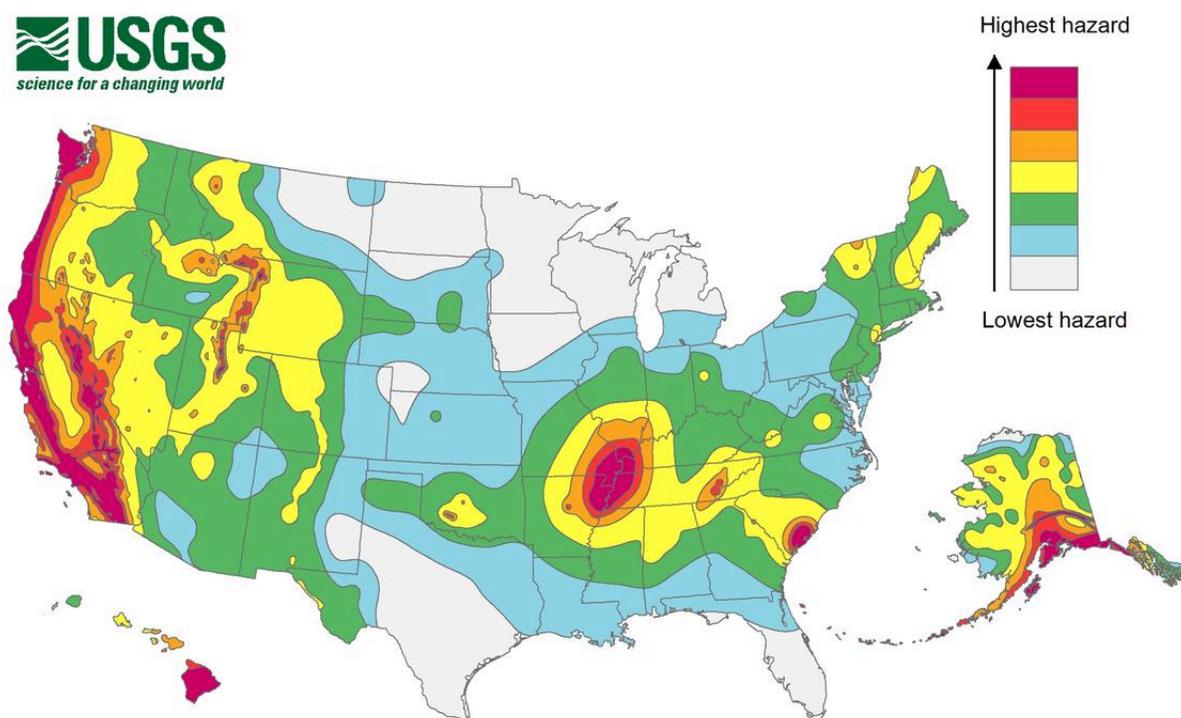
 **FEMA**
www.ready.gov

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Supplemental Information

Earthquake Hazard - According to the United States Geological Survey, 39 out of 50 states in America are vulnerable to moderate to high seismic hazard risk:

2018 Long-term National Seismic Hazard Map



For more information visit: <https://www.usgs.gov/natural-hazards/earthquake-hazards/hazards>

The **FEMA Disaster Declarations for States** is based upon the number of federal disaster declarations since 1953:

1. Texas – 360
2. California – 336
3. Oklahoma – 210
4. Washington – 177
5. Florida – 160
6. Oregon – 133

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7. New Mexico – 100
8. Arizona – 98
9. Colorado & Nevada – Tied at 96
10. Alabama - 93

For a visualization of each state visit: <https://www.fema.gov/data-visualization/disaster-declarations-states-and-counties>.

The **FEMA National Risk Index**, which was rolled out at the end of 2020, has details for the more than 3,000 counties in the U.S. This online mapping application analyzes risk factors from 18 natural hazards. Additionally, to provide a holistic view of community risk, the application includes expected annual losses, social vulnerability and community resilience layers. Eleven counties are listed at "very high" risk on the index:

1. Los Angeles County, California; Score: 100. Los Angeles County's expected annual loss is very high, and its social vulnerability is relatively high while its community resilience is relatively low. Because of its population of nearly 10 million people and property value of more than \$950 billion, any natural hazard can be costly. The county is at relatively high risk for drought, heat waves, ice storms, lightning, strong wind and tornadoes. It is at very high risk for earthquakes, riverine flooding and wildfires.

2. Bronx County, New York; Score: 85.63

3. New York County, New York; Score: 69.91

4. Miami-Dade County, Florida; Score: 58.25. The county at the tip of Florida is most at risk for hurricanes, cold waves, lightning, and riverine flooding.

5. Philadelphia County, Pennsylvania; Score: 57.72. The county surrounding the City of Brotherly Love is at very high risk for heat waves, ice storms, lightning, riverine flooding, strong winds, tornadoes and winter weather.

6. Kings County, New York; Score: 56.52

7. Riverside County, California; Score: 55.80

Are You Ready for Disaster?

8. San Bernardino County, California; Score: 52.56. The county is at very high risk for wildfires and riverine flooding, and at relatively high risk of earthquakes and drought.

9. Dallas County, Texas; Score: 52.45. Among the hazards Dallas is at very high risk of hail, lightning and riverine flooding.

10. St. Louis County, Missouri; Score: 52.35. The county along the Mississippi River is at very high risk of heat waves, ice storms, strong winds, tornadoes and winter weather. It also is at relatively high risk of earthquakes and cold waves.

11. Queens County, New York; Score: 49.97.

Are You Ready for Disaster?

A 4 Week Small Group Study on Biblical Disaster Preparedness



"Raising up the foundations of many generations" Is. 58:12

Are You Ready for Disaster?

Disaster can strike at any time, and when it does, people look to their community and faith leaders for guidance. Studies on the impact of disasters, from 9/11 and Hurricane Katrina to local wildfires, describe community and faith-based organizations' critical role as sources of physical, social, and spiritual care. When disaster strikes, initial services may not come from the government but rather from community organizations, churches, synagogues, mosques, and other faith-based organizations. BRC designed the Ark of Safety program to prepare organizations to respond and recover from major emergencies and disasters.

Matthew 5:14-16 – “¹⁴ You are the light of the world. A town built on a hill cannot be hidden. ¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. ¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” NIV

In order to be the light in our communities in times of disaster, the Church must first be prepared. This study will equip you to show God's love by serving the community in times of disaster through protecting lives and property by effectively preparing for, responding to, and recovering from emergencies.

A note for Participants: Congratulations on committing to study what the Bible has to say about preparedness. To get the most out of this study, we recommend reading each week's lesson before your group meets. You'll need a printed copy of this Guide. Preparedness is a process – take it one step at a time and enjoy the journey. God bless!

Debra Williams, CEO, Building Resilient Communities

This Bible study was compiled by Dan Coleman, Training Coordinator Building Resilient Communities. Special thanks to Pastors Janelle Coleman and Melanie Neilson, Cucamonga Christian Fellowship, for their review and suggestions.

Are You Ready for Disaster?

Study (Week 1) - What the Bible says about disaster preparedness

Welcome

- If this is your first time to meet together as a group, or if you have new members, be sure to introduce yourselves.
- Share: What are you hoping to get out of this study of Are You Ready?

Worship

Prayer –

Lord thank you for your Word that teaches us to be prepared so that we can show your love by serving our community in times of disaster and to keep our families safe. Teach us how to prepare for, respond to, and recover from emergencies and disasters. Amen.

Proverbs 27:12 - “A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers for it.” NLT

- What are the natural and man-made hazards that can happen in your community?
 - _____
 - _____
 - _____
- The seeing person takes action. What disaster actions/preparations has your family made at home?
 - _____
 - _____
 - _____
 - _____
- SoCal is _____ country. Where can I find what other hazards are most likely in my community?
 - ✓ CalOES MyHazards <http://myhazards.caloes.ca.gov/>
 - ✓ Local Hazard Mitigation Plan

Are You Ready for Disaster?

Matthew 25: 1-4; 7-9 - “Then the Kingdom of Heaven will be like ten bridesmaids who took their lamps and went to meet the bridegroom. ² Five of them were foolish, and five were wise. ³ The five who were foolish didn’t take enough olive oil for their lamps, ⁴ but the other five were wise enough to take along extra oil. ⁷ “All the bridesmaids got up and prepared their lamps. ⁸ Then the five foolish ones asked the others, ‘Please give us some of your oil because our lamps are going out.’ ⁹ “But the others replied, ‘We don’t have enough for all of us. Go to a shop and buy some for yourselves.’ NLT



■ What is hindering you from getting prepared? (check all that apply)

- Don't know how or where to start
- Too expensive
- I'm too busy
- Don't think disasters will happen to my family
- Other: _____
- Other: _____

■ The Parable of the Ten Bridesmaids should not be interpreted as an excuse not to share. For Jesus said **“Love your neighbor as yourself” Matthew 22: 39**. As a group, brainstorm ways you can demonstrate God’s love in your neighborhood in times of disaster:

- _____
- _____
- _____
- _____
- _____

Are You Ready for Disaster?

- What preparations does your family need to make in order to be able to help your neighbors following a disaster?

- _____
- _____
- _____
- _____
- _____

The Greatest Commandments

Matthew 22: 36-39 - ³⁶ “Teacher, which is the greatest commandment in the Law? ³⁷ Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself.’ NIV

- In the second commandment, what is God’s expectation of us, particularly after disaster?

In Luke 10:29-36 Jesus is asked: ²⁹ **“But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”** Jesus answers with the Parable of the Good Samaritan, then asks a question of His own: ³⁶ **“Which of these three do you think was a neighbor to the man who fell into the hands of robbers?”** ³⁷ **The expert in the law replied, “The one who had mercy on him.”** Jesus told him, **“Go and do likewise.”** NIV

- Who do you think is your neighbor? The people who live on your street? The people who live in your community? Does that change during a disaster or emergency?

Are You Ready for Disaster?

Study (Week 2) - Get a Kit



Prayer –

Lord, you are the sources of wisdom, knowledge and understanding. Teach us to hear your voice and obey your commands. Help us to have the wisdom to see the danger ahead and understand the need to take action to do all that we can to be prepared. Amen.

Genesis 6 – “¹³ So God said to Noah, “I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. ¹⁴ So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. ¹⁷ I am going to bring floodwaters on the earth to destroy all life under the heavens, every creature that has the breath of life in it. Everything on earth will perish. ¹⁸ But I will establish my covenant with you, and you will enter the ark—you and your sons and your wife and your sons’ wives with you. ²¹ You are to take every kind of food that is to be eaten and store it away as food for you and for them. ²² Noah did everything just as God commanded him.” NIV

Are You Ready for Disaster?

- What would have been the consequences for Noah, his family, and all animal life, if he had not obeyed God?
 - If you need a warning to be motivated to prepare for emergencies and disasters, here it is: **WARNING: disasters can happen anytime, anywhere and to anyone. Here are a few disaster facts courtesy of FEMA:**
 - The _____ and _____ of disasters has been increasing for decades.
 - There are _____ known faults in SoCal. The 1994 Northridge Earthquake happened on a previously undiscovered fault.
 - FEMA ranks California as having the 2nd 5th 8th highest # of natural disasters in US since 1953.
 - FEMA ranks San Bernardino County as 2nd 8th 9th highest of all counties on the National Risk Index.



Proverbs 21:20 – “²⁰The wise store up choice food and olive oil, but fools gulp theirs down.” NIV

“Gathering emergency supplies for an emergency supply kit is an essential component to disaster preparedness. After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.” Ready.gov

- You may already have more basic emergency supplies at home than you think: you just need to organize them. Don’t forget to check camping supplies! Check items that you know you have:
 - Water & food
 - Camping stove or barbecue and extra fuel

Are You Ready for Disaster?

- First aid kit (family size)
 - Prescription medicine
 - Over-the-counter medicine for cough, colds, flu, fever, pain, etc.
 - Phone battery or charger
 - Hand sanitizer
 - Flashlights and extra batteries
 - Fire extinguisher
 - Important family documents stored in electronic format on a USB or portable drive (e.g., deed to house, insurance policies/coverage, birth certificates, social security cards, etc.)
 - Cash (no larger than \$20 bills)
 - Whistle to signal for help
 - Dust masks
 - Plastic sheeting/drop cloths and duct tape
 - Wrench to turn off gas utility
 - Can opener (manual)
 - Add more emergency supplies as needed using FEMA Emergency Supply List brochure provided in the back of this Bible Study Guide
- How much water & food do I need at home? FEMA recommends having enough to last ___ days.
- What other basic emergency supply items would keep your family more safe, comfortable and healthy?
- _____
 - _____
 - _____
 - _____
- Where do I start?
- Water - You need _____/person/day for drinking, bathing, and cooking. You can only last ___ days without water.
 - Organize the supplies at home you already have into storage totes
- Building Resilient Communities online store has a wide range of emergency supplies, including home and office kits, auto kits, first aid kits, and emergency food and water. Visit our online store at:
<https://brcus.square.site/>

Are You Ready for Disaster?

Study (Week 3) - Make a Plan

Prayer –

Lord, you are our banner, our means of victory. Show us your plan for victory over disasters. Guide our steps in the weeks ahead as we prepare our families and our church. Amen.

Joseph Interprets Pharaoh's Dream

Genesis 41 - ¹⁵ Pharaoh said to Joseph, "I had a dream, and no one can interpret it. But I have heard it said of you that when you hear a dream you can interpret it. ²⁵ Then Joseph said to Pharaoh, "The dreams of Pharaoh are one and the same. God has revealed to Pharaoh what he is about to do. ²⁹ Seven years of great abundance are coming throughout the land of Egypt, ³⁰ but seven years of famine will follow them. Then all the abundance in Egypt will be forgotten, and the famine will ravage the land. ³⁴ Let Pharaoh appoint commissioners over the land to take a fifth of the harvest of Egypt during the seven years of abundance. ³⁵ They should collect all the food of these good years that are coming and store up the grain under the authority of Pharaoh, to be kept in the cities for food. ³⁶ This food should be held in reserve for the country, to be used during the seven years of famine that will come upon Egypt, so that the country may not be ruined by the famine. ⁵⁶ When the famine had spread over the whole country, Joseph opened all the storehouses and sold grain to the Egyptians, for the famine was severe throughout Egypt. ⁵⁷ And all the world came to Egypt to buy grain from Joseph, because the famine was severe everywhere."

- What does the story of Joseph's interpretation of Pharaoh's dream tell us about disaster preparedness?
- What comparisons can be made between the famine in Egypt and the Great California ShakeOut scenario of a 7.8 magnitude catastrophic earthquake along the San Andreas Fault in SoCal?

Are You Ready for Disaster?

Watch this 1 minute FEMA video: “Winging it is Not an Emergency Plan”

www.youtube.com/watch?v=4mHRPrkGvEo

Creating a Family Emergency Plan

“Being prepared for disasters starts at home. Everyone can be part of helping to prepare for emergencies. Young children and teens alike can be a part of the process. As a parent, guardian, or other family member, you have an important role to play when it comes to protecting the children in your life and helping them be prepared in case disaster strikes.” Ready.gov/plan

- “Your Family Emergency Plan doesn’t have to be long, but should address the following:
 - ✓ How you will receive emergency _____ and _____
 - ✓ _____-in-place
 - ✓ _____ route and shelter _____
 - ✓ A reliable form of _____ with family members

- “Keep in mind some of these factors when developing your plan:
 - ✓ Different ages of members within your household
 - ✓ Responsibilities for _____ others
 - ✓ Special _____ needs
 - ✓ Medical needs including _____ and _____
 - ✓ Disabilities or _____ and _____ needs including devices and equipment
 - ✓ Pets or service animals” Ready.gov



The image shows a form titled "Ready Family Emergency Plan". The "Ready" logo features a green checkmark. Below it is the tagline "Prepare. Plan. Stay Informed." To the right of the title is a small illustration of a family (two adults and two children) and a dog. A circular seal of the Federal Emergency Management Agency (FEMA) is also present. The form contains a paragraph of instructions: "Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster." Below this are several fields for contact information, arranged in two columns: "Out-of-Town Contact Name:", "Email:", "Neighborhood Meeting Place:", "Out-of-Neighborhood Meeting Place:", "Out-of-Town Meeting Place:" on the left; and "Phone:", "Phone:", "Phone:", "Phone:" on the right.

Are You Ready for Disaster?

Creating a Family Emergency Communication Plan

“Creating your Family Emergency Communication Plan starts with one simple question: ‘What if?’ What if something happens and I’m not with my family? Will I be able to reach them? How will I know they are safe? How can I let them know I’m OK? During a disaster, you will need to send and receive information from your family. Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.” Ready.gov

- Download and fill out a Family Emergency Communication Plan at: <https://www.ready.gov/sites/default/files/2021-02/family-emergency-communication-plan.pdf>
- Practice your Family Emergency Plan at least every six months. Tip: Schedule practice on Daylight Savings Time in Fall and Spring.
- Following a disaster, letting your loved ones know you are safe can bring them great peace of mind. The American Red Cross has two easy ways to help people reconnect:
 - ✓ **Emergency! App** – The Red Cross Emergency! App features an “I’m Safe” button that allows users to post a message to their social accounts, letting friends and family know they are out of harm’s way. The Emergency! App is free and can be found in the app store for your mobile device by searching for “American Red Cross” or by going to redcross.org/apps. Download the Emergency! App by texting: **“GETEMERGENCY”** to **90999** or installing free from the App Store or Google Play.
 - ✓ **Safe and Well** – The Red Cross also offers the Safe and Well website which is a secure and more private option than the “I’m Safe” feature on the

Are You Ready for Disaster?

Emergency App. It allows people to list their own status and allows friends and family to search for messages from their loved ones. The Safe and Well website is a free public reunification tool that allows individuals and organizations to register and post messages to indicate that they are safe, or to search for loved ones. The site is always available and open to the public and available in Spanish. Registrations and searches can be done directly on the website:

- **English** - www.redcross.org/safeandwell
- **Spanish** - <https://safeandwell-es.communityos.org/zf/safe/add>
- Registrations can also be completed by texting SAFE to 78876. Messages exist in both Spanish and English. To speak with someone at the American Red Cross concerning a missing friend or relative, please contact 1-800 Red Cross.

Ready
Write your family's name above
Family Emergency Communication Plan

CREATE YOUR FAMILY EMERGENCY COMMUNICATION PLAN
FEMA

Creating your *Family Emergency Communication Plan* starts with one simple question: "What if..."
"What if something happens and I'm not with my family?" "Will I be able to reach them?" "How will I know they are safe?" "How can I let them know I'm OK?" During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:

- 1. COLLECT.**
Create a paper copy of the contact information for your family and other important people/offices such as medical facilities, doctors, schools, or service providers.
- 2. SHARE.**
Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at ready.gov/make-a-plan, you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.
- 3. PRACTICE.**
Have regular household meetings to review and practice your plan.

Are You Ready for Disaster?

Study (Week 4) - Be Informed

Prayer –

Lord, help us to be teachable and give us the wisdom to understand the importance of preparedness. Give us your heart to love others, not just in disaster, but at all times. Help us to care for others and our communities as you have cared for us. Amen.

Proverbs 2:6 – “⁶For the LORD gives wisdom; from his mouth come knowledge and understanding.” NIV

Proverbs 18:15 – “¹⁵Intelligent people are always ready to learn. Their ears are open for knowledge.” NLT

- Where can you find current, official and accurate information in an emergency or disaster?

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

- What are some non-official sources of information that may not be current or accurate? Leader: Possible answers include: non-government social media, neighbors, friends “word of mouth”, non-government websites/blogs.

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

- Sign up for local emergency alert system:

- **Riverside County:** <https://rivcoready.org/AlertRivCo>
- **San Bernardino County:**
 - ✓ <https://www.sbcounty.gov/SBCFire/TENS/TENSContact.aspx>

Are You Ready for Disaster?

- ✓ Those without internet connection can sign up by calling 211 or 1(909) 980-2857 for assistance in registering.
- **Ready SB County App:** Download onto your smart phone
- **For Other Areas:** Contact your local government for info on how to sign up for the alert system they use in your community.

The parable of the Good Samaritan

Luke 10:25-37 – ²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” ²⁶ “What is written in the Law?” he replied. “How do you read it?” ²⁷ He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” ²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.” ²⁹ But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

³⁰ In reply Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. ³¹ A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. ³² So too, a Levite, when he came to the place and saw him, passed by on the other side. ³³ But a Samaritan, as he traveled, came where the man was; and when he saw him, he took pity on him. ³⁴ He went to him and bandaged his wounds, pouring on oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. ³⁵ The next day he took out two denarii and gave them to the innkeeper. ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’

³⁶ “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” ³⁷ The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.” NIV

- Love is _____ and _____
- Love requires us to initiate _____
- Love _____

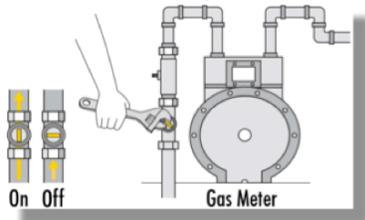
Are You Ready for Disaster?

- How does this parable apply to disaster preparedness in your family's neighborhood and community?
- Why get involved when someone is badly injured? "According to a recent National Academies of Science study, _____ is the leading cause of death for Americans under age 46. Life-threatening injuries require _____ action to prevent an injured person from dying. Those nearest to someone with life-threatening injuries are best positioned to provide first care." FEMA

You Are The Help Until Help Arrives

"Life threatening emergencies can happen fast and emergency responders aren't always nearby. You may be able to save a life by taking simple actions immediately. You Are the Help Until Help Arrives. Learn five simple steps that may save a life" for free at <https://community.fema.gov/until-help-arrives>

- Get training to help your family and your neighbors:
 - Community Emergency Response Team (CERT) - Free
 - CPR/First Aid/AED
 - Psychological First Aid
 - Emergency Communication
- Teach your family when and how to safely shut off utilities:

<p>Turning Off Gas</p> <ul style="list-style-type: none">✓ If you smell gas or suspect a leak, turn off the main gas valve✓ Horizontal is Off✓ Open windows✓ Evacuate safely 	<p>Turning Off Electricity</p> <ul style="list-style-type: none">✓ If you find sparking or broken wiring, turn off main power at breaker panel✓ Evacuate safely 	<p>Turning Off Water</p> <ul style="list-style-type: none">✓ If you find flooding, leaks or broken pipes, turn off main water shut off valve 
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

- Fill out the "My Preparedness Promise" on next page as a personal action plan for their family.

Are You Ready for Disaster?

My Preparedness Promise

Complete your Preparedness Promise and post it on your refrigerator as a reminder. Work together as a family to get better prepared.

I promise to take the preparedness challenge to prepare myself and my family for an emergency or disaster situation by taking the following actions:

<input type="checkbox"/> Create a home Emergency Supply Kit (or update existing Kit)
<input type="checkbox"/> Stock at least a two week supply of water and food at home
<input type="checkbox"/> Create a “go bag” of personal emergency supplies for your car
<input type="checkbox"/> Create a Family Emergency Plan (or update existing Plan) together
<input type="checkbox"/> Download FREE Ready SB County app onto my smart phone at:
<input type="checkbox"/> Take a First Aid/CPR/AED class
<input type="checkbox"/> Take Community Emergency Response Team (CERT) training if available in my city
<input type="checkbox"/> Take “You Are the Help Until Help Arrives” online training at: https://community.fema.gov/until-help-arrives
<input type="checkbox"/> Register my cell phone with San Bernardino County Telephone Emergency Notification System (TENS) at: www.sbcounty.gov/sbcfire/Tens/TensContact.aspx
<input type="checkbox"/> Visit www.ready.gov to learn more about preparedness

Signature: _____

Date: _____

Are You Ready for Disaster?

Want to learn more about disaster preparedness?

We may not be able to control all that comes our way, but we can control how we respond. If you are a leader, clergy member, employee, or volunteer at a house of worship looking to thrive in 2021, sign up for Building Resilient Communities' "How To Start An Emergency Preparedness Ministry" webinar training series! We will take you through each step of preparing your staff, volunteers, and congregation to overcome all kinds of disasters (earthquakes, fires, COVID-19, etc.) Not a house of worship? We have several training resources planned for personal, business, and nonprofit preparedness. Check our website for upcoming webinars: <https://www.brcus.org/learning-center/events/>



Are You Ready for Disaster?

FEMA Emergency Supply List

https://www.ready.gov/sites/default/files/2020-03/ready_emergency-supply-kit-checklist.pdf



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Through its **Ready Campaign**, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready  
Federal Emergency Management Agency
Washington, DC 20472



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Ready 
Prepare. Plan. Stay Informed.®



Emergency Supply List

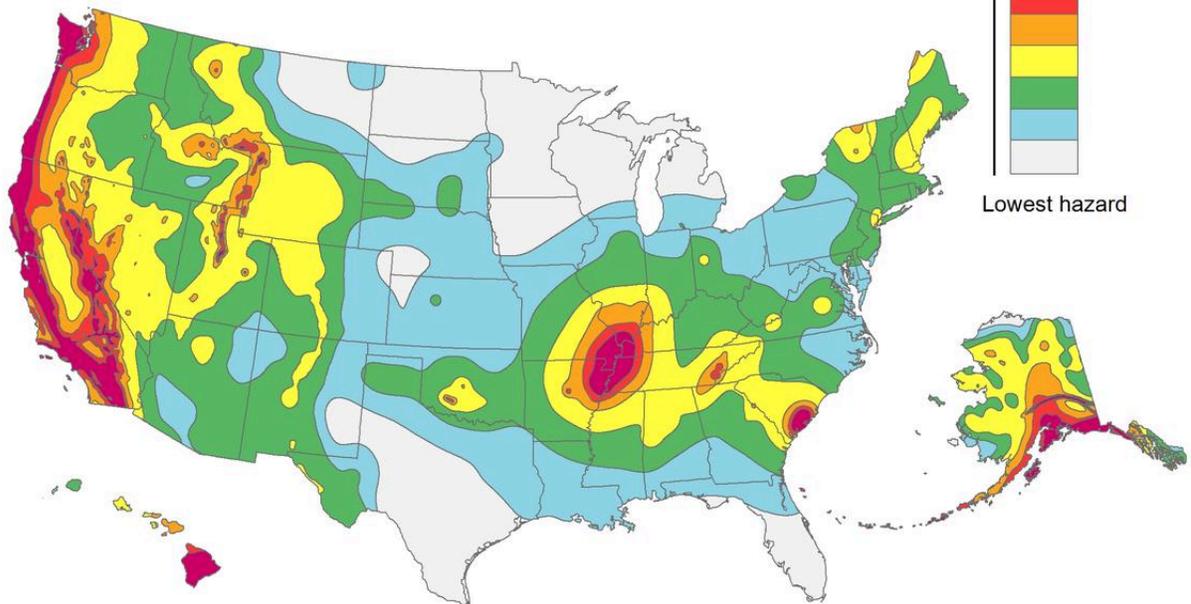
 **FEMA**
www.ready.gov

Are You Ready for Disaster?

Supplemental Information

Earthquake Hazard - According to the United States Geological Survey, 39 out of 50 states in America are vulnerable to moderate to high seismic hazard risk:

2018 Long-term National Seismic Hazard Map



For more information visit: <https://www.usgs.gov/natural-hazards/earthquake-hazards/hazards>

The **FEMA Disaster Declarations for States** is based upon the number of federal disaster declarations since 1953:

1. Texas – 360
2. California – 336
3. Oklahoma – 210
4. Washington – 177
5. Florida – 160
6. Oregon – 133

Are You Ready for Disaster?

7. New Mexico – 100
8. Arizona – 98
9. Colorado & Nevada – Tied at 96
10. Alabama - 93

For a visualization of each state visit: <https://www.fema.gov/data-visualization/disaster-declarations-states-and-counties>.

The **FEMA National Risk Index**, which was rolled out at the end of 2020, has details for the more than 3,000 counties in the U.S. This online mapping application analyzes risk factors from 18 natural hazards. Additionally, to provide a holistic view of community risk, the application includes expected annual losses, social vulnerability and community resilience layers. Eleven counties are listed at "very high" risk on the index:

1. Los Angeles County, California; Score: 100. Los Angeles County's expected annual loss is very high, and its social vulnerability is relatively high while its community resilience is relatively low. Because of its population of nearly 10 million people and property value of more than \$950 billion, any natural hazard can be costly. The county is at relatively high risk for drought, heat waves, ice storms, lightning, strong wind and tornadoes. It is at very high risk for earthquakes, riverine flooding and wildfires.

2. Bronx County, New York; Score: 85.63

3. New York County, New York; Score: 69.91

4. Miami-Dade County, Florida; Score: 58.25. The county at the tip of Florida is most at risk for hurricanes, cold waves, lightning, and riverine flooding.

5. Philadelphia County, Pennsylvania; Score: 57.72. The county surrounding the City of Brotherly Love is at very high risk for heat waves, ice storms, lightning, riverine flooding, strong winds, tornadoes and winter weather.

6. Kings County, New York; Score: 56.52

7. Riverside County, California; Score: 55.80

Are You Ready for Disaster?

8. San Bernardino County, California; Score: 52.56. The county is at very high risk for wildfires and riverine flooding, and at relatively high risk of earthquakes and drought.

9. Dallas County, Texas; Score: 52.45. Among the hazards Dallas is at very high risk of hail, lightning and riverine flooding.

10. St. Louis County, Missouri; Score: 52.35. The county along the Mississippi River is at very high risk of heat waves, ice storms, strong winds, tornadoes and winter weather. It also is at relatively high risk of earthquakes and cold waves.

11. Queens County, New York; Score: 49.97.