

My Life In A Box

... A Life Organizer

September 2007 Newsletter

Emergency Education Quiz:

September is National Preparedness Month and I have a quiz for you. Immediately our brain goes into several modes when we hear the word "QUIZ"... taking us back to pop quizzes in school, winning something or just taking the challenge to see if we know the subject matter. I would suggest the latter response. Anyway, you WILL learn something from this. I did and I suggest that you print it out and ask the members of your family, or even co-workers if THEY know the answers.

Let's see how well you do. The answers are listed at the end of the quiz; give yourself 5 points for every right answer. Here goes...

1. True or False? As long as a thunderstorm is five miles away or farther from you, you are pretty safe from lightning strikes.
2. When an earthquake strikes, you should:
 - A. Run outside to avoid falling building debris
 - B. Take cover under a heavy piece of furniture
 - C. Panic
 - D. Lean against an inside wall or stand under an inside doorway
 - E. B and/or D
3. What is the minimum amount of water that you need to store for one adult for two weeks?
 - A. 5 gallons
 - B. 10 gallons
 - C. 14 gallons
 - D. 21 gallons
4. Which areas of the United States are vulnerable to earthquakes?
 - A. The West Coast, particularly California
 - B. The Eastern Seaboard
 - C. The Central United States
 - D. All 50 states
5. What's the most common disaster that occurs in the United States?
 - A. Fire
 - B. Flood
 - C. Earthquake
 - D. Tornado
6. What's the number one disaster related killer in the United States?
 - A. Fire
 - B. Flood
 - C. Earthquake
 - D. Tornado
7. If your car stalls while you're evacuating from a flood, you should:
 - A. Stay inside the car until assistance can arrive

- B. Leave it
 - C. Call a towing service
 - D. Flag someone down to help you start it
8. True or False? Small games and a teddy bear can be very important to keep in your 72-hour kit.
9. When treating frostbite, you should:
- A. Rub the limbs down with snow
 - B. Give the victim a cup of hot chocolate to warm up
 - C. Gradually warm the body by wrapping in dry blankets
 - D. Plunge the affected areas in HOT water
10. The most dangerous part of a hurricane is:
- A. The breaking waves
 - B. The gale-force winds
 - C. The flood-causing rains
 - D. The landslides
11. How often should you practice your emergency evacuation plan?
- A. Once a year
 - B. Every six months
 - C. Every three months
 - D. Only during an emergency
12. Why are 72-hour kits called 72-hour kits?
- A. Most disasters are over in 72 hours or less
 - B. Three days is just about as long as you can take eating survival food
 - C. You can't carry more than three day's worth of items at a time
 - D. It generally takes at least 72 hours for emergency personnel to reach you

Answers:

1. **False.** If you can hear thunder, you could be in danger. Just because the storm is not right on top of you, does not mean that you are safe. Lightening can strike as much as 10 miles away from the rainy area. Be sure to take cover in a building or car if possible. However, you can estimate how far the storm is from you. Just count the seconds between when you see the lightning flash and hear the thunder crack, and divide by five.
2. **(E).** Take cover under something heavy, like a sturdy desk or chair. Or you can use an inside wall or doorway. Just make sure to keep away from mirrors or windows where glass could shatter.
3. **(C).** 14 gallons is the minimum amount of water you should store for an adult. This amount allows one adult 1 gallon of water to use per day for 14 days. It is estimated that the average person uses 65 gallons of water a day, for drinking, cooking, bathing, and sanitation purposes. You will probably want to store more based on your family's needs.
4. **(D).** Even though earthquakes occur most frequently west of the Rocky Mountains, all 50 states and U.S. territories are at risk for an earthquake. Forty-one of those states and territories are at moderate to high risk for earthquakes to strike.
5. **(A)** More homes will be threatened by fire than by any other disaster. This is one of the reasons why a fire escape plan is crucial for every home. Flood is the second most common disaster.
6. **(B)** Floods, particularly flash floods, are the number one weather and disaster related killer in the United States. Flash floods cause an average death toll close to 150 people a year.
7. **(B)** Leave your car and move to higher ground. Many deaths have occurred when people try to move their stalled cars in a flood.
8. **True.** A few small games or a stuffed animal really provides comfort for small children and even adults.
9. **(C).** Make sure the victim has dry clothes, and wrap him/her in a blanket. The body temperature needs to rise gradually, to avoid damage. Do NOT give them hot drinks or any drink with caffeine. As a stimulant, caffeine can speed up the heart, and quicken the effect that cold has on the body.
10. **(A).** Even though much death and destruction is caused by wind, rain, and landslides, it is the breaking waves, known as the storm surge that causes the most damage. During a hurricane, this wall of water slams into the coastline, causing flash floods and structural damage to buildings.
11. **(C).** Your emergency evacuation plan should be practiced at least four times a year so your family is familiar with the evacuation plan.
12. **(D)** During a major crisis, it often takes at least 72 hours for services to be up and for emergency personnel to reach you. In many circumstances, it takes even longer than 72 hours.

Give yourself 5 points for every right answer.

(50-60 points) Consider yourself a graduate of the School of Emergency Preparedness! You probably would know what to do in an emergency and would keep a level head. But remember, this quiz only covered a small portion of emergency preparedness. Even those with years of experience in emergency preparedness do not know everything. And recommendations from disaster agencies may change over the years, depending on new advances and changes in our society.

(45-35 points) It may be time for a refresher course. You know a lot about emergency preparedness, but you could use a little brushing up. The more information that you have available at the time of an emergency, the more secure you will feel in an emergency.

(30 and under) We recommend learning more about emergency preparedness to prepare yourself. Fortunately, there are many ways you can find out how to prepare yourself. Sign up for a first aid course, or read some of the excellent books written on emergency preparedness.

Now, Apply What You Have Learned

One of the most important steps to take in becoming prepared is applying what you learn.

It is recommend having a fire drill as a family. Make sure that everyone has their *Get Away Bag* packed with everything on the list. If you do not have the instructions for packing a *Get Away Bag*, visit www.mylifeinabox.com/getaway.pdf and you can print one right away.

If there is an emergency and you have children, make sure they know what options they have if you are at work. It is always a great idea to have a location to meet, or someone to call.

Before a major disaster, always have a friend or family member in another town or state that everyone agrees to call and check in with.

You should stock up on first aid kit items and know where the water and gas turn-off valves are located.

I hope this information has helped you learn something new about emergency preparedness. Remember, information and application of that information are the keys to effective emergency preparedness.

Thanks to ***Beprepared.com*** for this unique way to test your knowledge on various disasters and emergency preparedness. For more information on how to plan a survival system for your family, please go to <http://www.ready.gov> and you will have access to a lot of wonderful information.

Have a wonderful month and keep safe!

Contact Information

Laurie Ecklund Long

AGL Publishing

Email: aglpub@mylifeinabox.com

Website: www.mylifeinabox.com

Telephone: 559-325-6679

This newsletter has been written with the understanding that the author is not engaged in offering legal, accounting or other professional services. Laws vary from state to state, and readers with specific legal or financial questions should seek the services of a professional adviser.