

The Frugal Emergency Preparer

Resilience isn't a Luxury

Lisa Oshiro

Agenda

- ❖ Knowledge
- ❖ Simple Plan
- ❖ Connect with Community
- ❖ Go-Bag and Emergency Supply Kit
- ❖ Useful Links

Knowledge Categories

- ❖ Understanding risks
- ❖ Signing up for alerts
- ❖ Knowing what to do

Knowledge Categories

❖ Understanding risks



Earthquake



Power outage



Cyber attacks



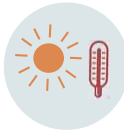
Pandemic



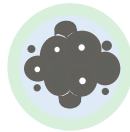
Winter weather



Flood



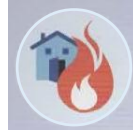
Extreme heat



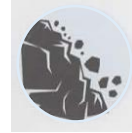
Smoke/Air quality



Wildfire



Structure fire



Landslides



Windstorms

- ❖ Signing up for alerts
- ❖ Knowing what to do



Knowledge Categories

- ❖ Understanding risks
- ❖ **Signing up for alerts**



- ❖ Knowing what to do

Knowledge

❖ Understanding risks

❖ Signing up for alerts

❖ **Knowing what to do**

✓ Free Training

- Community Emergency Response Team (CERT) classes (<https://www.northshoreemc.com/>)
- First Aid and CPR/AED (<https://shorelinefire.com/events>)
- Stop the Bleed (*Providence Regional Center*)
(<https://psjhrmwebsites.microsoftcrmportals.com/home?Region=WA&Ministry=PRMCE&Keywords=bleed>)
- NEMCo website (<https://northshoreemc.com/>)
 - ✓ Second Tuesday of the month is mini training after the field membership meeting (7-9 pm here at Station 51)
 - ✓ Saturday following the second Tuesday of each month, 3-hour training (9am-noon, here)
 - ✓ RACES (Amateur Radio) mini training on the Fourth Wednesday of the month after the membership meeting (6pm-9pm here)
 - ✓ Shoreline ACS-(Amateur Radio) Second Saturday of the month 10am-noon at Fire Station 61 in Shoreline



Simple Plan

- ❖ Creates clarity
- ❖ More important than a perfect kit
- ❖ Include meeting place, out-of-area contact, important contacts, medical information
- ❖ Store important documents and items in resealable water-tight plastic bags
- ❖ Understand family needs



Connect with Community

- ❖ Help friends and neighbors get ready
- ❖ Attend CERT Preparedness training
- ❖ Join or start neighborhood POD
- ❖ Organize a prep night
- ❖ Pool resources
 - ✓ Centralized community kit
 - ✓ Community emergency preparedness food pantry



Build Go-Bag and Emergency Supply Kit

Tips to get started: *(refer to “Supply list” for go-bag and emergency kit items)*

- ❖ Use go-bag for shelter-in-place emergencies
- ❖ Pretend you’re packing for a weekend trip
- ❖ Start small and build your kit a little at a time
- ❖ Start with items you have at home
- ❖ Pick up an extra item during each grocery trip
- ❖ Pick up extra food from Community food banks
- ❖ Pack older clothing instead of donating it
- ❖ Organize a community clothing exchange
- ❖ Check out garage sales, thrift stores, discount stores



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Supply List

Create a designated emergency supply box or bag to keep emergency supplies organized and easily accessible.

What you should have:

- ❖ **Water and Food** *(Reuse juice or pop containers)*
- ❖ **Lighting** *(Thrift store, Dollar store, or your home supplies)*

Supply List

❖ **Sanitation** *(Home supply or Dollar store)*

- Two 5-gallon buckets with lids from hardware store
- Trash bags, toilet paper, bleach, wet wipes, hand sanitizer

❖ **Warmth/Shelter and Cooking** *(Garage stores and Thrift stores)*

- Camping gear, tools, cookware, backpacks

❖ **First Aid Kit** *(Home supply or Dollar store)*

- Extra bandages, sterile gauze pads, adhesive tape, antiseptic wipes or soap, tweezers and scissors
- Buy items like bandages and hydrogen peroxide in bulk and assembling kits with your friends, family, or neighbors

Supply List

❖ Copies of documents

- Identification, insurance, contact information, etc.
- Store in Ziplock bags and upload to Google Drive

❖ Clothing and blankets *(Thrift store, Dollar store, or your home supplies)*

- Blanket, socks, warm layer. Can also use large garbage bags, foil blankets, rain ponchos, tarps

❖ Manual can opener *(Thrift store, Dollar store, or your home supplies)*

❖ Whistle, mask, gloves *(Give aways at Safety and Preparedness fairs)*

- Basic PPE from NEMCo CERT class

❖ Toys, books, candies, and other entertainment items

(Thrift store, Dollar store, or your home supplies)

Supply List

- ❖ **Phone chargers** *(Thrift store, Dollar store, or your home supplies)*
 - Extra phone chargers, cords, power bank
- ❖ **Radio (battery powered or hand crank)** *(Thrift store, Garage sales)*
- ❖ **Grab and Go-bags** *(Thrift store, Dollar store, or your home supplies)*
 - Extra bag or old backpack or luggage
- ❖ **Multi-tool, paracord/rope, duct tape, fire starter** *(Harbor Freight)*
- ❖ **Power bank**
- ❖ **Hygiene items**
- ❖ **Cash** *(full tank of gas, day's worth of food, etc.)*

DYI Projects – Firestarter balls

Make Firestarter balls out of dryer lint and petroleum jelly

<https://willowhavenoutdoor.com/the-best-fire-starter-money-cant-buy-pet-balls-dryer-lint-fire-starter>



Slather a big scoop of petroleum jelly on a decent-sized chunk of dryer lint.



With your hands, vigorously mix the 2 ingredients until the dryer lint is completely saturated.



Roll the saturated chunks of dryer lint into small quarter-sized balls.



Store the PET Balls in a waterproof container.



Once you choose a container, the more PET Balls you can fit the better. Jam them in as tight as you can get. It helps to saturate the dryer lint even more. Twice as many PET Balls can fit in the container above.



DYI Projects – Matches in Jar

Store matches in a mason jar with a strikable lid

<https://guides.brit.co/guides/store-matches-with-a-mason-jar>



1
Cut a circle out of the sandpaper to fit right over the Mason jar lid. Trace the scratch paper over the jar using scratch paper and cut that out.



2
Repeat the process with the scratch paper and sandpaper.



3
Apply contact adhesive to the sandpaper and lid, and attach the two, making sure the gritty part of the sandpaper faces up.



4
Fill the jar with the matches.



5
When you're ready to use a match, just take one from the jar, replace the lid, and strike the match on the sandpaper on the lid.

Useful Links

- ❖ Northshore Emergency Management Coalition (NEMCo) resources: <https://www.northshoreemc.com/resources>
- ❖ Radio Amateur Civil Emergency Service (RACES): <https://www.northshoreemc.com/nemco-races>
- ❖ Shoreline Auxiliary Communications Service (ACS): <https://shorelineacs.org/>
- ❖ Alerts: <https://www.northshoreemc.com/alerts>