

Civil Unrest

When people are emotionally charged, especially in a crowd they are more prone to think and act irrationally. In an emotionally charged situation, even in a small group or with an individual it is better to practice avoidance than resistance if you want to be safe. Stay away, get away, be as low-profile. Here are some ways to avoid an unsafe situation that could be or become civil unrest.

On foot or in a car-

1. Be aware of what is happening in your area or any area you plan to visit. Be aware of hot topics and hot spots. If there is unrest or potential unrest you should take measures to stay away from those areas. What happens in times of unrest is unpredictable and it is unwise to take chances.
2. Avoid verbal conflicts. People who are highly emotionally charged don't usually reason well or even care what you think or feel. Keep your words and feelings to yourself and wait for a calm opportunity to share them.
3. If you see a crowd forming or moving toward you, it is best to change direction, seek shelter in a large public building such as a hotel, museum, or library. Calmly get away, stay out of their path, and avoid attracting attention. Become as invisible as possible.
4. If it is not possible to avoid the crowd, flow with it and blend in. Look and act like you belong until you can casually walk away from it attracting as little attention as possible.
5. If you should be knocked over, get by a wall if you can. Curl into a ball and protect yourself until the crowd passes. If there is shooting get down and lay flat on your stomach where you are least likely to be trampled.
6. If you are in a car, and you can't turn up a side street or back up, you should park the car, lock it, and exit the situation on foot. If you can't park you should turn off the car, lock the doors, and sit still without expression or comment until the crowd passes.
7. Places to stay away from during unrest include police stations, government buildings, banks, fast food restaurants, and any building associated with the issues at hand.

To prepare –

1. Develop situational awareness. Know what is happening around you.
2. Wear clothing that doesn't draw attention or allows you to blend into a crowd when in public areas.
3. Wear good walking shoes.
4. Keep supplies with you that you may need such as water, food, a self-defense device such as pepper spray or tactical pen, cash, cell phone. Pockets are best for storing things you may need, but a plain boring backpack is nice if you have more supplies than will fit in your pocket. It is a good idea to have your hands as free as possible.

Unrest in your neighborhood –

1. Avoid going out on the street.
2. If it is unsafe where you live, leave and find a safe place if possible.
3. If leaving is not possible, maintain a low profile in which you don't attract attention.
Keep windows covered, sound low, and lights minimal at night. This would not be a good time for a BBQ.
4. Communicate with family and/or extended family as possible.

To prepare –

1. Keep your knowledge of what is happening where you live current.
2. It is wise to have at least 30 days' worth of water, food, medications and first aid supplies. If you are following the council given for a short term supply you have this.
3. Keep your gas tank full in case you need to leave.
4. Have cash on hand. Banks may not be open.
5. Keep locks, security systems, and other safety features in your home in good condition.
6. In case you have to remain in your home for an extended period, it is a good idea to have activities available that do not require electricity.

*Stay close to the Spirit so that in times of need you are ready to hear and act on personal promptings.