

How Prepared is Your Family?

This is a quiz for you and your family to check and see how prepared you are for challenges, tests, and trials. While we may not have a widespread disaster, there can be other problems your family faces. This list should help you know where you need to put some effort into preparedness in the coming months.

Water Storage

1. Do we have at least a minimum of 3 gallons of water per family member stored and ready in case of an emergency? (Some experts recommend 28 gallons per person.)
2. Are at least 3 gallons per person ready to grab and go?
3. Do we have a container that we can carry water in if we need to haul water from a source?
4. Do we have the knowledge and a way to purify water if needed?
5. Have you changed or updated your water within the last year? (If you don't have chemicals that keep it longer)*If it goes longer are you prepared to purify it?

Food Storage

1. Can we identify 10 dinner meals (12 are even better) that our family likes that we can make with shelf-stable foods?
2. Do we have the supplies to make those meals at least three times each?
3. Do we have supplies for breakfast for 90 days?
4. Do we have supplies for lunches for 90 days?
5. Are these supplies organized so that we can use them up periodically throughout the year and replace them?
6. Do we have enough basics like grains (flour, pasta, rice, oatmeal...), sugar, salt, oil, legumes, and powdered milk to sustain us if we could not buy groceries for a year?
7. Are the basics we have properly stored to last for 10-20 years (oil less)?
8. Do we have recipes and know how to use these basics?
9. Are these supplies organized so that we can keep them used and replaced so they do not go to waste?
10. Do we have enough extra to share with the bishop in the event that some of our ward members need help?
11. Is there more than one person in our family who is familiar with our food storage and how to use it?

Financial Reserves

1. Is our family debt free?

2. Do we have a regular savings plan?
3. How many months could we go without help if we suddenly had no income? (The goal is a year.)
4. Do we have enough to pay taxes if they came at a bad time?
5. Do we have enough reserve to recover from a disaster?
6. Do we have insurance?
7. Could we help the bishop if needed?

Important Papers

1. Do we have a special portable binder or file box in which to keep all of the vital papers for our family?
2. Is it current or up-to-date?
3. Is it in a place where we could grab it easily if we needed to evacuate?
4. Do family members know where to find it?
5. Do we have copies of those papers on a USB drive and in a different location?

Medication and First Aid

1. Do we have at least a week's worth of medications that are kept in our 72 hour kit and rotated weekly?
2. Where possible, do we each have at least a month's supply of vital medications we are in need of?
3. Do we have a first aid kit for our family and small ones for your own 72 hr. kit?
4. Do we know basic first aid procedures?
5. Do we have phone numbers readily available for our doctor, poison control, ambulance, fire (911), and block captain?

Clothing and Bedding

1. If something unexpected happened suddenly, do we have enough clothing (including shoes and socks) for each family member to last for a year?
2. If there was not any electricity or gas available, is the clothing we have adequate to keep all family members warm enough through the winter?
3. Does our family have adequate bedding in good repair to last a year?
4. If we had to add bedding because we did not have adequate heat, do we still have enough?
5. Do we have sleeping bags or bed rolls stored so that every family member could grab a bedroll or sleeping bag to go in case we needed to evacuate our home?
6. Do we have laundry supplies such as soap, clothesline and pins, and a washing method?

Communication

1. Do we have a communication plan set up with our family in the event of an emergency where we are not all together at home?
2. Is every family member familiar with our plan and procedures if needed?
3. Do we have a back-up plan and meeting place in the event of a disaster or if we can't communicate?
4. Do we have an out-of-area person who can be the one we call or text to in an emergency?

Extras

1. Does your family have current 72 hour kits?
2. Do you have light sources "charged and at-the- ready" in the event of power outages?
3. Do we know how to turn off gas and water lines if needed?
4. Do we have a list of things to take if we have to quickly evacuate?
5. Are emergency evacuation supplies in a good place together so that we can just grab them?
6. Do we have a "potty bucket" or other sanitation supplies in case we can't use the sewage system?
7. Do we know proper procedures for caring for human waste and garbage if the sewer lines and garbage pick-up are damaged or not operating?
8. Does our family have plans and know what to do in the event of an earthquake, fire, flood, power outage, civil unrest, extreme storm, or other emergencies?
9. Do we have a means of alternative cooking?
10. Do we have an option for alternative shelter?

*A good place to start if you need more information in these areas is to look under 2019 Preparedness guide on www.providentpapers.com. This is information put on line by our stake specialists. After that there is a lot of information on line and on YouTube. However, when using random searches evaluate your sources to make sure their advice is sound.