GETTING READY IN THE VERGE OF DISASTERS

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Disasters may strike any time and anywhere, whenever it happens expect the unexpected anything may come to worst but there is nothing less important than getting ready for ourselves by getting aware of the simple steps and procedure in keeping ourselves safe and secured. We must prepare ourselves and armed with our own survival kit, or more popularly known as the ‘Go Bag’. A Go Bag is simply a bag packed with essentials and ready to use items which we can use on the event of calamity. It should always be kept intact. This emergency bag should contain the following items:

1. Flashlights/Rechargeable lamps/Candles - These light sources may help you see in the middle of the dark and prepare you for possible brown out in your households.

2. Multi-Purpose knife - A versatile and multi tool is probably the most useful in the list in which we can use for opening cans and cutting of ropes.

3. Transistor Radio - It can keep yourself updated with the news and current status for possible evacuation near your place.

4. First Aid Kit - This kit should contain medicines, antiseptic, and bandages for wounds in case injuries happened.

5. Ready-to-eat food and water - Keep enough food for your family and consume them wisely especially those canned goods and other products to avoid spoilage.

6. Spare Clothes - Disasters may last for days, so better to save some spare clothes for proper hygiene.
7. S.O.S Whistle - you can let your rescuer know your location in case of emergency, remember whistle codes you to help you calls you rescuers instead of shouting.

8. Batteries and Power banks - You might need some energy source for your survival gadgets.

9. Money - In case you run out of supplies and for emergency expenses and in case money can help you out of any fix.

10. Ropes - Keep a rope in your pack as it can have many uses such as rescuing a survivor.

11. Sleeping bag - While waiting for rescue and if there is nothing else to do but wait, try to relax, and get some sleep so you can have reserve energy.

12. Phone book/ Mobile phone - Know your important emergency hotlines, especially the contact details of the nearest rescuers in your area.

Better to get ready than to wait for someone to help, once you are better prepared there is a great chance of surviving rather than caught unarmed. Disasters may come at the wink of an eye.

References:

https://www.nationwide.com/lc/resources/emergency-preparedness/articles/catastrophe-preparation