

Recipe for a Two-Week Survival Plan

From the Plano, Texas Stake



How Do We Prepare for Emergencies?

Our Stake leaders encourage us to:

- Identify and plan for the disasters most likely to occur in our area
- Store water for an emergency
- Store food and medications for an emergency
- Plan for sanitation needs during an emergency
- Have an evacuation plan in the event you need to leave
- Have emergency financial reserves
- Have a plan for communicating in an emergency

“Members are to have supplies on hand to support themselves independently for at least three days, and strongly recommended for two weeks during an emergency event.”

Plano Texas Stake Presidency



Involve Your Family

Use input from family members to help formulate your Two-Week Survival Plan!



Store Water for an Emergency

- Minimum 1 gallon/person/day (more if infants and small children or special health needs)
- FEMA and the American Red Cross are now saying 2 weeks (instead of 72 hours) for taking care of yourself – food and water
- Store water beyond your basic drinking needs if you are able



How to Store Water

- Use ONLY food grade containers with a PETE or PET recycling symbol on them:
- Don't re-use milk or water jugs. Most do not have adequate lids
- Don't use containers that have been used to store chemicals or non-food (beverage) items even if they are marked PETE or PET
- Store in a variety of sized containers (some for easy transport if evacuating)
- Dark-colored opaque containers work best to prevent the growth of algae
- Water from a chlorinated municipal water supply does not need further treatment



Emergency Food Supply

- Ensure you have at least a two-week supply of food
- Store shelf-stable foods that need no refrigeration and minimal preparation
- Store foods your family will eat
- Consider using a one-week menu, repeated twice



Store Your Food Properly

(Best conditions: Cool, dry, and dark)



- It is recommended that you keep most foods at 74° or less. (If this is not possible, do the best you can.)
- Keep moisture as low as possible
- Keep clear containers away from light
- Keep free from pests
- Follow safety guidelines for home produced foods

Store Medications and First Aid Supplies

Teach family members first aid basics



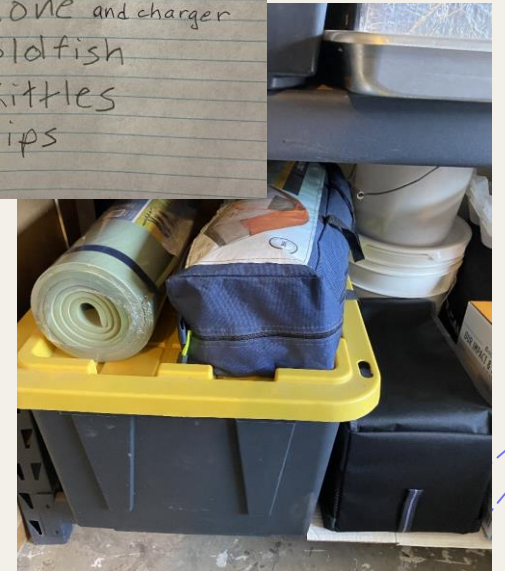
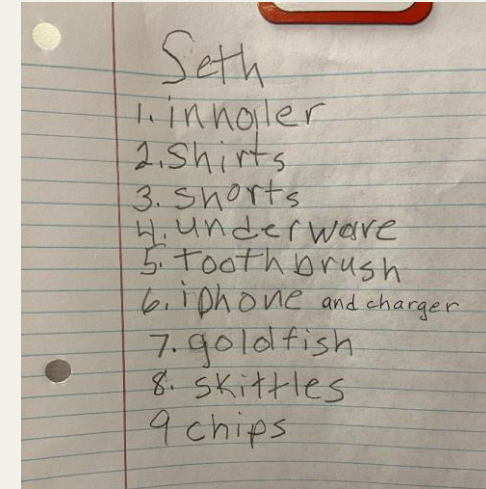
Sanitation and Hygiene

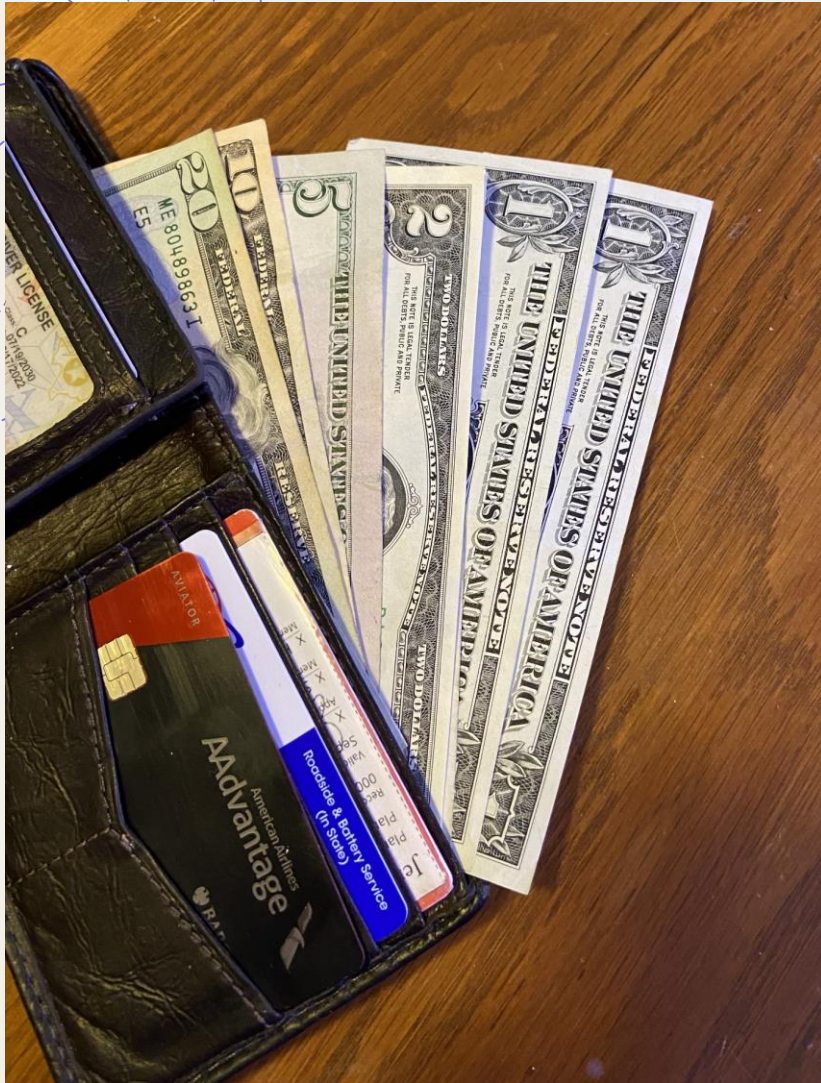
- Have a plan for handling bodily wastes
- Follow instructions on chemical treatment methods
- Have hand sanitizers available
- Keep cleaning supplies on hand
- Keep food preparation areas sanitized



Have an Emergency Evacuation Plan

- Have each member of your household make a list of things they would take if they had 30 minutes to pack up to evacuate.
- Keep the list on the refrigerator or in a prominent place
- Consider having a “Grab and Go” container or containers ready in case evacuation becomes necessary
- Choose a container or containers that are portable. Gather what you have, and slowly add to it



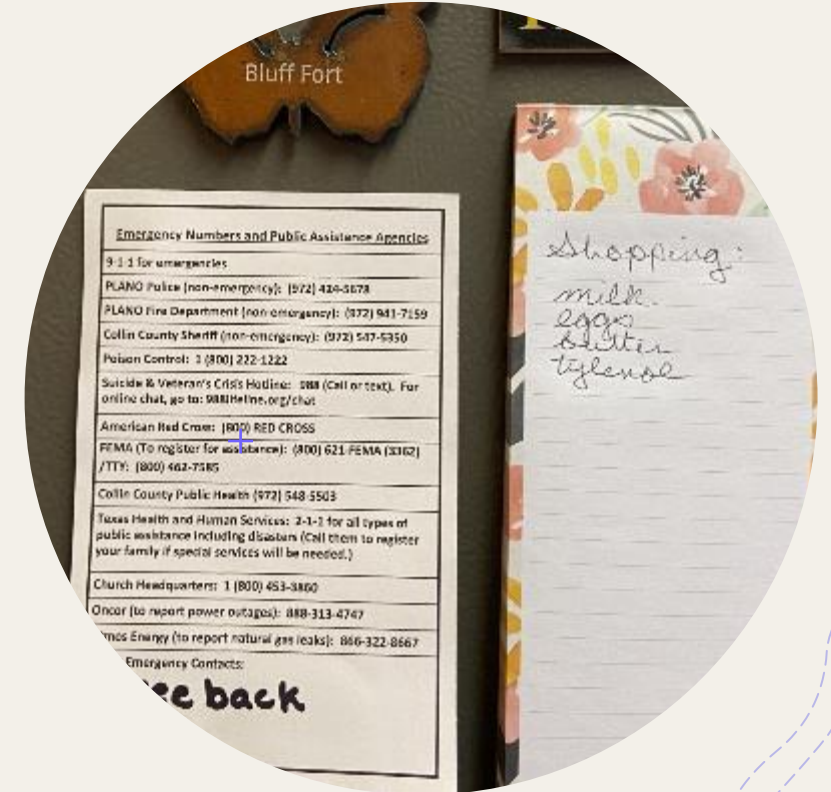


Anticipate Money Needs

Store cash, sufficient for two weeks, in small bills to make it easier to pay for things if electronic processing is not available

Emergency Communications

- Have a plan on how you will contact family members and friends in the event of an emergency
- Know your Ward Communications Specialist(s)
- Keep emergency numbers posted in a prominent place for easy access
- Have a hard copy list of emergency contact numbers. Include relatives and friends. This may come in handy if cell phone service is down and you must rely on the services of Ham radio operators to reach people
- Note that if cell phone service is down during an emergency, texting may still work



And Finally ...

In his October 1995 Conference address, Elder L. Tom Perry said: “The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear, as guaranteed to us by the Lord in the Doctrine and Covenants:

“If ye are prepared ye shall not fear” (D&C 38:30)





To access the Two-Week Survival Plan on the Plano, Texas Stake Emergency Preparedness website, use this QR code or see the link below.

https://www.preparednessplano.org/?page_id=1490