

Emergency
Preparation:
How to take
care of your
family when
disaster strikes.

Chapter 1: Why be prepared?

Disasters are a very real occurrence that can happen anywhere in the world at anytime.

Experiencing a disaster is traumatic enough, having the extra disadvantage of being unprepared for such an event will ultimately result in more unnecessary stress in an already stressful situation.

There are many benefits in being prepared for an emergency situation.

Being prepared will aid in reducing the amount of fear, stress and anxiety that generally occurs during a situation. By being prepared and familiarizing yourself with procedures carried out during these situations you will ensure these feelings are minimized.

Increased amounts of stress and anxiety may result in a person being unable to respond correctly or effectively during a situation. If you cannot think and act appropriately, it is unlikely that you will be able to effectively take care of yourself and your family. By being prepared with the correct

equipment, and by familiarizing yourself with characteristics, requirements and procedures during relevant forms of emergency situations, you will increase your chances of being able to react appropriately to such situations.

By being prepared and knowing ahead of time what may occur in certain situations, you may also successfully minimize the impact of a situation. For example, if you familiarize yourself with the characteristics of a cyclone, in the event that you find yourself in such a situation you will be able to secure objects and seek shelter, thus you will be able to successfully minimize the amount of damage incurred by the cyclone.

Chapter 2: How can I **be prepared?**

There are many ways in which to effectively plan for an emergency situation in order to ensure you are well prepared for the event. Maximizing your level of organization will ultimately result in effectively responding to an emergency situation and will hopefully aid in decreasing the damage caused by a disaster.

To be prepared, you must firstly be aware of disasters that may occur in the state or country you reside in. Know danger and warning signs and be familiar with local procedures in the event of an emergency.

Being familiar with the types of disasters that may occur in your area will ensure sufficient knowledge with which to plan emergency procedures for the disasters relevant to you. It will also aid you in preparing a disaster supplies kit.

There are a few factors that may prove beneficial to know before disaster strikes.

Start by researching some of the disasters that may be relevant to the area in which

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