

# How to prepare for a natural disaster

By Phillip W. Weiss

1. These events are life-threatening; treat them accordingly.
2. Do not consume alcohol or any other substances that can cloud your decision-making capacity.
3. In cold weather, stock up on winter clothing and blankets to protect against hypothermia.
4. Stock up on batteries, canned foods and non-perishable foods.
5. Stock up on bottled drinking water.
6. Have in your possession at least one manually operated can opener, a battery-powered radio, a battery-powered camera, and flash-lights.
7. Maintain a landline phone; expect disruptions in your cell phone service.
8. Do not expect immediate assistance from government agencies.  
Reason: They're overwhelmed too.
9. Try to avoid such events altogether by heeding official directives to evacuate the area. It is better to be inconvenienced than to put yourself and your family at risk. This goes double if you have young children, frail elderly persons or persons with serious health conditions in your home.
10. Remember: Natural disasters have occurred throughout history and will occur again; it is not a question of if, only of when and where.

Disclaimer: These recommendations are for general informational purposes only and are not to be construed as being authoritative.

