



EMERGENCY PREPAREDNESS COMMISSION

SUPPLIES

www.GoalZero.com	Lithium power supplies and solar panels to charge them, solar chargeable lanterns.
www.RedFora.com	Earthquake bags and survival supplies.
www.HeaterMeals.com	Prepared meals that contain their own heating elements.
www.AugaSonFarms.com	Emergency food supplies.
www.MyPatriotSupply.com	Emergency food supplies.
www.WiseFoodStorage.com	Water filtration.
www.MorePrepared.com	Blue can water and supplies.
www.MPowerd.com	Luci inflatable solar lights.
www.Amazon.com	Unlimited resources.
www.Walmart.com	Almost any supplies.

AGENCIES & ORGANIZATIONS

www.CVDPN.org	Coachella Valley Disaster Preparedness Network
www.EarthquakeCountry.org	Earthquake Country Alliance
www.FEMA.gov	Federal Emergency Management Agency
www.RedCross.gov	American Red Cross
www.Ready.gov	Department of Homeland Security
www.NOAA.gov	National Oceanic & Atmospheric Admin
www.emd.wa.gov/myn	Map Your Neighborhood
eklund92211@aol.com 760-834-8270	Home safety: fastening cabinet doors and heavy objects.
earthquake.usgs.gov	US Geological Survey and earthquake info.
www.RivCoCERT.org	Countywide CERT programs.

For more information visit our website at:

www.RanchoMiragePreparedness.org

February 2020 Town Hall Forum

Selected Video Details

“Go Bag” Contents

Personalize the contents of your go bag to suit your own taste and meet your specific needs. Stanley uses a carry-on size suitcase for convenience, with 3-days of supplies.

Contents Include:

Food & Water	Cooling cloths, various batteries
Snacks	Tools, crowbar, rope, 4x9 tarp
Water purification filter/tablets	Medical kit, gloves, triangular & 4x4 bandages, personal Rx & meds
First Aid Kit & Sunscreen SPF 30+	Facemasks N95
Thumb drive: insurance info and personal data	Thermal blankets
Crank radio	Flashlights & Luci inflatable solar light
Crank Cell phone charger	Dog food & meds
Change of clothes, hat	Paper map of area
Cash, several hundred \$ small bills	

Discussion RE: Emergency Medical Needs

Emergency Preparedness recommendations always include taking a First Aid class and becoming CERT trained. Other training, such as “Stop the Bleed” are becoming more widely available. This medical information is provided to you not as a final resource, but to encourage you to obtain as much reliable training as possible.

There are typically 3 types of injury: blunt trauma, penetrating and burns. During an earthquake broken bones and penetrating wounds are most common.

To treat penetrating wounds, the following steps are followed: stop bleeding with direct pressure, pressure dressings, hemostatic agents, and/or by raising the extremity above the heart. If necessary, use a tourniquet kit. A blood pressure cuff may be used as a substitute. Recent changes in approach recommend leaving a tourniquet in place until help arrives.

Wounds are described in 3 categories: a clean wound, a dirty wound (area with high bacterial content such as a foot, or the groin area), and a contaminated wound. It is important to irrigate/cleanse a wound by using soap and water before bandaging.

Essential to any emergency planning are a good first aid kit, some heavy-duty first aid supplies, and a strong pair of scissors. Again, first aid, CERT and Stop the Bleed training are highly recommended.