

Natural Disaster Preparation

**Your complete guide
to preparing for
natural disasters.**

- ✓ **Prepare for Earthquakes**
- ✓ **Prepare for Tornadoes**
- ✓ **Prapare for Floods**
- ✓ **Patriot Liberation approved**



**“Patriot Liberation
is a group of freedom
fighting Patriots helping
others to become more
self-reliant and
independent.”**

- Mike Harvey
Founder of Patriot Liberation

This eBook is part of the Patriot Liberation series
and may not be resold.



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A natural disaster is one of the scariest situations you can find yourself in. The raw power of a storm is without equal, and can be vastly more devastating than a terrorist attack. Often hitting hard and fast with little warning, take steps to prepare in advance so you don't find yourself in serious trouble.

This guide will cover the three most common natural disasters, earthquakes, tornados and floods. Apply the techniques you learn to your home and family, and you will stand the best chance of survival.

Earthquakes

An earthquake is caused by a sudden release of energy in the Earth's crust. The result is seismic waves. The severity of an earthquake is measured on the Richter scale, with quakes less than a rating of 3.0 almost imperceptible to a human to feel. Once an earthquake goes above 7.0, depending on its depth there will be serious damage over large areas. The most recent earthquake that caused widespread devastation was in Japan in 2011.

It was measured at 9.0 with the accompanying tsunami destroying entire towns and causing structural damage on a number of nuclear reactors. It was the fifth most powerful earthquake in the world since modern seismic measuring equipment and record keeping began in 1900. It moved the main



island of Japan 8 feet, and shifted the Earth on its axis by 4-10 inches. In a given year, approximately 100,000 earthquakes occur that can be felt without any measuring equipment. You literally feel the ground shake beneath your feet. If a quake happens offshore, like Japan in 2011 the seismic waves create tsunamis reigning havoc for anyone on the coast. Area's with regular quakes range all over, California and Alaska are the

most prone in the U.S. but that doesn't mean other states are safer. A large earthquake could happen at any time.

Prediction

It's not possible for scientists to predict specifically when and where an earthquake will occur. The most accurate they can get is within a few days, at the most "well-understood" quake sites. The earthquake warning systems we use typically only sound the alarm when an earthquake is in progress. The good news is the instruments are so sensitive they can detect exactly when an earthquake starts, giving you time to prepare before the ground on the surface begins to move. The downside is that this won't be two or three days of notice, you may get 30 seconds.

Preparing your house

If an earthquake seems like a likely scenario, the first steps you need to take are preparing your house. The mantra "fix, fasten, forget," serves you well here. You want everything loose secured down.

All of your shelves should be fastened to the walls. Brackets are a great way to fix your bookshelves, wall units or any other tall furniture to the wall studs. You should not have any heavy items on your top shelves, and you can also screw certain items securely to a shelf or a desk. This could be a lamp that always sits on a hall stand or picture frames on a shelf.

Have shatterproof film installed to protect your family from any breaking glass if the quake shatters your windows. In an emergency, using masking tape across the diagonals of your window will help to keep them from breaking. Non-slip mats help prevent heavy objects (or those with a low centre of gravity) from sliding. Cut it to size and put it under fish bowls, statues or anything you think may shift. For tall items, use an eye screw in the wall as a base and tie the top of the object with invisible nylon cord. This will keep them from toppling over. All of your breakable items should

be in cupboards that can be latched closed. Poster tack is a great way to keep smaller items in place on your shelves and mantelpieces.

Heavy pictures, light fixtures and mirrors should be hung away from beds, couches or anywhere someone may be sitting. You don't want this to crash on your head as standard picture hooks will not hold during an earthquake. Fix these beforehand by pushing the hook closed with a pair of pliers, or purchase special art hooks and ensure all heavy paintings have strong hooks and cord to hold them up. For overhead light fixtures, brace them to prevent them from falling.

Bring in a qualified technician in to evaluate your electrical wiring, appliances and gas connections. Make any repairs that are needed now, during an earthquake faulty fittings and wiring can turn into a fire hazard. If you find any problems with your houses structure, like cracks in your ceiling or foundation, get them repaired immediately. An expert is going to be able to give you the best advice on any structural weaknesses in your house.

If your house has a chimney, this is one of the most likely items to topple during an earthquake. Support it using galvanized metal bands at the top, ceiling line and the base. Bolt all of them to the walls, ceiling joists or rafters, and brace the chimney stack that sits above your roof line to the roof itself.

Get a plan in place

Work together with your family to determine what you will do if an earthquake hits. Involve your kids, and your spouse, and make sure everyone knows the plan. You should practise this regularly, so that you are always ready.

You should be able to “drop, cover, and hold on” at a moment's notice, practise this with your family until everyone is comfortable doing it. Aim to get under a table, a desk, or anything with a strong frame. If nothing is close by, you can shelter inside a door frame, and in a worst case scenario lie on the floor next to an interior wall and protect your head and neck.

Take note of any objects that may fall or be shaky, like a large flat-screen TV, external walls, kitchen cabinets or anything large and heavy. Avoid being near these at all costs.



The table you are sheltering under should be clean with no items on it. If you have time and hear an earthquake warning siren, clear everything off the top before you huddle under it. It makes it less dangerous for you if your household items do start to fall, a clean table means there won't be any debris from smashed glasses or vases to injure you while you shelter underneath.

Under everyone's bed in the house, keep a flashlight, a whistle and a spare pair of shoes in a plastic bag. You may have broken glass all over your floor; if an earthquake happens in the night while you are sleeping you need to be prepared. The whistle will help emergency crews locate anyone trapped in a collapsed building, and also teach your kids that knocking three times repeatedly is a good way to communicate if you are trapped. Calling for help will cause dust to get into your throat and lungs, tapping metal against metal or blowing a whistle is a better way to signal for help.

Your family should have a good general understanding of first aid and CPR. Build a comprehensive first aid kit, and enrol in classes with your local community to learn how to deal with first aid emergencies. Everyone in your family should learn these techniques.

As part of your plan, you should pre-determine a rallying point for your family to meet after the earthquake. It should be an open space, away from any buildings. If your community has civil defence meeting points, every family member should know the closest ones to school, work and your

home. Go over what the plan is (if not everyone makes it to the rallying point), and identify a contact person that your family can call who lives outside of the area. Your entire family should know this contact points home and cell numbers by heart.

To stay best prepared, plan multiple routes and methods to reach your home after an earthquake has occurred. Disaster rarely strikes when it is convenient. Since there is no time of day when you can be sure a quake will strike, you could be at school, a friend's house, at work or on public transport. Knowing several ways to get to your home prepares your family in case the main highway or bridge is no longer accessible.

Disaster supplies

In a natural disaster, you cannot rely on your ability to get supplies after the event. Roads may be out of commission, and the majority of the population will be unprepared. This makes for a dangerous situation at your local supermarket. As food and water becomes



scarce, people will start doing whatever it takes to take care of their families. Your best bet is to stock up in advance, and avoid shopping centres entirely.

All of your supplies should be in a central location in your house, and is recommended that you have two main caches of goods in case you cannot get to one.

Have at least one flashlight for every member of the family, with extra batteries. A portable, battery-operated radio will let you keep up to date

with the latest news, extra points if it's kinetic (you can wind it up using a handle instead of relying on batteries). Glow sticks are another good source of light in an emergency, avoid candles because you may have ruptured gas lines.

Your first aid kit should be part of your disaster supplies, and the US Government recommends that you have a minimum of two weeks supply of food and water. Having lived through a number of disasters myself, I recommend 3 months worth of food and water as a minimum. The more you have stored the more self reliant you can be. True survivalists stock over a year's worth of food and supplies in their homes, as well as having emergency caches in storage units and at their bug out location. Don't forget the supplies for your pets, have as many months supply of pet food as you have stored for yourself.

Have a good range of tools on hand, a wrench for the gas lines, as well as a hammer, crowbar and a good supply of duct tape and heavy duty garbage bags. If you lose any of your windows, you can tape them up as a temporary fix. A fire extinguisher is very handy to have in your home, most families now keep one under their kitchen sink, not as a disaster prep but just in case anything goes wrong in their kitchen!

Create a picnic style set with all of your basic dishes, cooking and eating utensils, and a camping grill or stove top to cook with. Have a good supply of matches, as well as a spare gas tank for the grill. A can opener is a great tool that many people forget, as well as a bottle opener for soda bottles or any wine that made it through the quake!

Clothing is a necessity. Every family member should have a full set of warm and comfortable clothes. Air mattresses make it very comfortable if you need to camp out on the floor in the aftermath, and everyone should have a pillow and sleeping bag. In line with this, basic hygiene needs to be taken care of. Soap, toothpaste, toothbrushes, baby wipes, make sure you have everything you need to stay clean and hygienic in the event the water doesn't come back on.

Two way radios and prepaid cell phones are a good idea, but if you lose signal from the cell tower your phone isn't going to work. Don't count on this, and plan accordingly. Put a plan in place with your family that doesn't rely on cell phones, simply having a reunion point for you all to meet after a quake is the most sensible plan.

Final tips

In the aftermath of an earthquake do not turn on any lights, and make sure that all of your gas lines remain completely tightened. Do not immediately evacuate a building when an earthquake hits, you can be injured from falling glass and debris, as well as entire collapsing buildings. Wait until the shaking has stopped before carefully evacuating. Avoid other buildings, street lights and utility wires. If you are in your car, stop in a clear location as quickly as possible and stay in your vehicle. Avoid stopping under buildings, trees, overpasses or utility wires.

If you are near the ocean, be prepared for a very scary aftermath. Tsunamis are caused when the epicentre of an earthquake is in the ocean, causing large amounts of water to rush and overthrow coastal towns. If you live on the beach, consider a family meeting point that is at the top of the closest hill. The more elevated you can get the safer you will be.



Finally, surviving as an individual or a small family isn't as safe as working together with a larger community group. If there isn't one in your area focused on earthquake preparedness, put one together. The first step towards keeping yourself, your family and your community safe is education.

Tornadoes

Tornadoes are nature's most violent storms. They spawn from powerful thunderstorms, and are capable of devastating your neighbourhood in a matter of seconds. A tornado appears as a rotating, funnel shaped cloud, extending to the ground with winds over 300 miles an hour. Understandably, anything in their path is destroyed. Big tornadoes commonly leave trails of destruction a mile wide and 40-50 miles long. Severe tornadoes are more common in the Plains States, but there have been reports of tornadoes in every US state. To protect your family from this natural disaster, follow our guide.

Prediction

You need to stay alert of changing weather conditions. If you see a large storm approaching, a tornado may not be far behind. Large hail stones, very dark sky with an almost greenish tint, and any low lying clouds (particularly if rotating) all are precursors to tornadoes. If you see any of these warning signs, be sure to tune in to local radio stations, television broadcasts or internet websites to hear the instructions from local emergency management officials. A loud roar, similar to a freight train can be heard as a tornado approaches, if you hear this or any of the above signs, be prepared to take shelter immediately.

Preparing your house

Your roof is going to take the largest beating in a storm. It's now possible to purchase shingles that are rated as Class 3 or 4 to protect your home from hail damage. You also need to reinforce the connection between the roof and walls with hurricane straps and bracing to resist the tornadoes uplift.

Keep trees in your yard well maintained, and ensure there is none that could fall



directly on your house. Don't use gravel in your garden, this creates a huge amount of damage in strong winds. Replace it with shredded bark instead. Any patio furniture should be stored inside, or tightly secured to the deck.

Windows should be closed and covered. Ideally, you will have wooden or metal storm shutters that you can close as an added layer of protection from anything flying into the glass. On the inside, tape cardboard over the glass and secure it to the window frame. This act's as a cushion to stop glass coming into your home if a window breaks. Consider investing in shatterproof window film and don't forget to shut the curtains.

Exterior doors should be able to withstand strong winds and debris being blown against it. Tornadoes can cause both positive and negative pressure so it doesn't matter which way your doors open. If they open inwards, you have the added option of being able to put something heavy behind it as added security in keeping it shut. If you have time, close all the interior doors in your house.

Same with an earthquake, secure any large or heavy furniture that could topple over to the walls of your house. Before the storm arrives, move expensive furniture away from doors or windows, in case they are damaged and smashed open you won't want to have rain and hail ruin your sofa or TV. If you have a garage get your car inside and secure the garage door closed. If not possible and your car must be outside a doona can act as a buffer against hail but won't save your vehicle if something heavy falls on it.

Finally, build a safe room for you and your family to shelter in when the tornado strikes. The goal is to be as low as possible, for this reason many people who build safe rooms construct them underground. If you don't have this option, you can get a safe room installed in the ground floor or basement of your house. Without a safe room, you should head to the basement, or an interior room on the first floor in the centre of your house. Find a room with strong walls, and a door that can stay shut during high wind.



**This safe room was all that remained from the house. It held up even against a car.*

Get a plan in place

Sometimes you can be lucky and get advance warning of a storm that could potentially have tornadoes. Other times it will hit by surprise, and you will have very little time to prepare. Having a plan in place that you have practised with your family is the best chance you have in staying safe through the disaster



For tornado safety, your best plan of action is to get everyone to the safe room. In the safe room, you should have basic supplies that will allow you to wait out the storm safely. Flashlights, spare batteries, a first aid kit, warm clothes for everyone, sleeping bags and pillows. Bicycle helmets can protect your head from flying debris, and a battery powered radio is great to keep up to date of weather updates. Throw in a set of playing cards and a

couple of board games to help you pass the time with your kids if they are too frightened to sleep. Sometimes you just need to wait it out.

Have food and water stored in your safe room, you want to be able to grab your family at a moment's notice and take shelter without worrying about things to grab on the way. You may not have enough time.

Be prepared that a tornado may strike at any time, and if you are not in your house both you and your family know the best steps to take.

- In a house, apartment, hospital or any other large building, your aim is to get as low as possible. Head to the cellar or basement, if neither exist a closet under the stairs or a hallway on the ground level can be great shelter. Use anything you can find to protect your head and neck, and crawl under a sturdy desk or table. Sofa cushions, a blanket or even your arms can protect your body.
- If you are in a car or a mobile home, exit it immediately and head for the closest sturdy building. Mobile homes are responsible for the majority of tornado related deaths. If you have nothing of the sort close by, duck into a ditch or a depression in the ground. Never shelter under a bridge or an overpass, they can collapse on you and often intensify the wind speed.
- If you are in a shopping centre, you are in danger. Because the roof is supported by only the exterior walls, if a tornado hits the whole structure is likely to collapse. Get as far away from the windows as possible, and try to get to a basement. If there is not enough time, get in a doorframe or under a store counter that will support or deflect falling debris.
- Make sure you know the closest shelter from your work, and your kids know where to shelter if they are at school.

Finally, have a communication plan in place to get back in touch with your family in the event that you are separated. Your main rendezvous should be back at your house once the storm has passed, however have a back up location in case it isn't safe to return to your house.

Disaster supplies

As with any natural disaster - to prepare your home for tornadoes, a great place to start is the items we covered earlier in the earthquake section.

In addition, during a tornado, you should be prepared for extremely wet weather, as they usually accompany extreme thunderstorms. Have wet weather gear ready for your entire family, in the event you need to evacuate your house. Heavy duty rubber boots, with a good quality rain jacket and pants will keep you dry if you need to go into the storm.

You should also have a large supply of tarps, and basic construction material like 2x4's, a hammer and nails. If your roof or windows are smashed open, once the tornado passes you may be able to stop some of the rain getting in. If you have time before the tornado strikes, you could use the materials to add further support to external doors and windows.

Final tips

Once the skies clear, there will be a major cleanup required. Shut off the utilities in your house, i.e. your gas, water and electricity. Using flashlights do a structural check of your house, to ensure it remains safe for your family to stay inside.

Once you have checked the interior, proceed outside and make the same checks of your houses exterior. Be careful of and fallen power lines or broken gas leaks and go check on your neighbours. Elderly people or someone with disabilities may need additional assistance.

Help injured or trapped people and give first aid where appropriate. For anyone seriously injured, do not move them unless they are in immediate danger. Call for help, and wait with them until the ambulance arrives. Use extreme caution if you enter any damaged buildings, and stay tuned to the radio for the latest updates in the aftermath.

Floods

Flooding occurs most commonly after a heavy rainfall and the natural watercourses are not capable of carrying off the excess water. This is a problem with many cities being built surrounding waterways, as soon as the water begins to rise there is nothing you can do to stop the tide.

Of course, rain isn't the only source. In coastal areas larger than normal tides, as well as storm surges and tsunamis all cause flooding. In the hinterland you are also not safe, a dam failure triggered from a terrorist attack or a natural phenomenon can result in downstream flooding even in dry weather conditions.

Even living in a community with a low risk of flooding, doesn't mean that it will never happen. Anywhere it rains, it can flood.

Prediction

It's important to know the flood risk of your property. If you build a new house in a flood plain, you will have a greater likelihood of experiencing flooding during rain than if you're located on the top of a hill. Typically, the closer you live to a body of water, the higher your flood risk. You should also find



out at what level of "official river height" your house becomes isolated or inundated with water. This will help you translate what you are seeing on the news, to what it actually means for your family.

You should know the warning alarms for your neighbourhood and during any heavy storms keep up to date with news reports on the latest weather status. There are two main types of flooding, flash floods and slow onset flooding. Because you will have little advance warning of flash floods, you need to always be prepared in advance.

Preparing your house

If there is a chance your house could become inundated with water, you can take the following precautions to minimise any damage. Once the flood risk has passed, be sure to remove the flood protection equipment so that your home can properly dry out.

The simplest barrier is sandbags. There are many suppliers that can provide traditional sand bags, or modern (non-sand) bags designed specifically for flooding. You should know where you can get sandbags in your area, and at the first signs of a flood start fortifying your house. Hopefully it's not a flash flood, and you have time to erect a barrier.



Building a more permanent flood barrier may require a special permit, but could prove the difference in saving your property from a devastating flood. Your landscaping and driveway should be designed to divert water away from your house.

Specially made doors and windows can make a waterproof seal protecting against any floodwater entering your house. If flooding is a risk for you, consider investing in these as they will make your defence against flooding much easier. While these are being fitted, have a contractor come and apply water proofing sealant on all of your exterior walls. Be aware that water can enter where the floor and walls join, raising your floors and sealing them with a damp-proof membrane will provide an additional barrier.

Fit non-return valves on your drains and any inlet or outlet pipes. If the water table rises you don't want wastewater to flow into your property from the sewers. These valves protect against this. If you don't have them installed, sandbags can be a good DIY. Cover every drain hole in the ground floor of your house with sandbags; use a stack of at least 3-4 against any

pressure build up. This works best if you have an alternative bathroom you can use on the second floor of your house.

If there is a risk from groundwater flooding as the water table rises, a diesel pump is a great investment. Especially if you have a basement, using a pump you can quickly and easily remove water that has collected. Just be sure to check where you are allowed to pump the water to, most local agencies will have specific guidelines in place for where you can pump excess water.

You should move all or your belongings and furniture you don't want damaged to the top floor of your house (or the attic) when the risk of a flood is high. Your important documents should be in a water and fire-proof box that is readily accessible if you need to grab it and evacuate.

Your TV and hi-fi should be mounted to the wall, at least 1.5 m off of the ground. Your skirting boards should be finished with varnish, or be water resistant, and use tiles with rugs rather than fitted carpets on the floor. For items too heavy to move, like your sofa or the fridge, buy extra-large, heavy duty plastic covers that you can seal to protect them from the rising water.

Get a plan in place

The water is rising and you are wondering what to do next. Listen to advice from the radio and TV stations, they will be your best source of guidance whether you should evacuate or stay put.

If you need to evacuate to higher ground, be careful using your car. Most sedans are not equipped to drive through floodwater, and can become stuck, leaving you in a potentially more hazardous situation. Most 4WD stores will sell a cover for the front of your car, protecting the front air intake which allows you to cross deeper water than normal. They are designed for 4WD's that need to do creek and river crossings. Be careful driving with it on for long periods of time, you won't be getting much (if any) fresh air into your engine. In a pinch, you can tie a tarp around the front of your car to a similar effect. Always test the water depth before driving into it, never drive into water of unknown depth or current.



If a car is not possible, and you don't have kayaks in your garage, you may still be able to walk out if the water is relatively still. Do not attempt this if the water is flowing, 6 inches of fast flowing water is enough to sweep a grown man off their feet. This is a very dangerous option, because of the bacteria present in the

water from the overflowing sewers. If you must do so, have solid boots and waterproof pants (waders would be ideal), and take a stick as an added tool for balance and to check both for water depth and obstacles in front of you.

If it's too late to leave, make sure you already have all of your valuables out of the waters reach. Turn off all of the utilities, power, gas and water, and do last minute checks on all the flood barriers you have in place. You should never eat food that has been in the floodwater, and all of the water you drink from the taps should be filtered and boiled. An added tip; fill every container you have available in your house with water. You will need more of it than you think, and bathtubs and sinks can hold quite a lot.

Finally be aware that any wildlife around your property may also be looking for a dry home. Expect to see an influx of snakes and spiders, neighbourhood cats or any animals looking for drier areas (that are in your house). It can be dangerous to corner a wild animal, especially if they are already stressed from the flood. Give them an escape route out of a window, before you start chasing them around your house.

Disaster supplies

Floods are a scary situation; once the water rises it can take any number of weeks to recede. Your plan for food and water is like any natural disaster, we have covered this in detail in the earthquake section.



What you should consider specifically for floods, is your storage location. In a flood situation, a basement cellar stocked with food will be the first to go underwater. It's not going to help if all your supplies are either contaminated or inaccessible. Keep your disaster gear as elevated as possible. If you don't have a second storey, consider storage in your roof. If this is impossible, get kitchen cupboards fitted at head height, and store all of your food at least 1.5 m off the ground.

A generator is a must have item; you can use it to run electric waters pump and lower the flood level behind your barriers. Sand bags are invaluable, have as many as you can possibly get your hands on, as well as heavy plastic tarps that you can interweave with your sandbag barriers as an added layer of protection. After a flood it will be impossible to find sand bags, but they also are heavy and take up a lot of space. Consider wood and concrete as another barrier construction method, you can make concrete (timber reinforced) flood barriers thinner and still waterproof.

As with any wet weather scenario, rain gear is a must. Consider also rubber boots and waterproof pants for your entire family, or purchasing waders. Designed for fisherman, they are fantastic for keeping you dry as they provide a single piece of waterproof clothing from your boots to your armpits. If you do need to wade into floodwater, this will keep you from getting sick.



Finally, insect repellent is a must. With so much stagnant water around following the flood, it will be a breeding ground for mosquitos and all sorts of nasty insects. Have a repellent with a high concentration of deet, and continually apply it to your skin.

Final tips

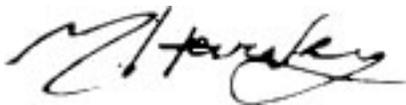
Once the flood waters drop, it will take time before things get back to normal. Tradesmen will have a field day following a flood, as you will need to get your wiring, plumbing, sewerage, as well as your gas lines inspected. This is for the best, to ensure none have been damaged in the flood. In the same lines, don't use any electrical equipment that was damaged by the floodwater. Never eat any food that has been in contact with floodwater, this includes fruit and vegetables from your garden. This is because flood waters contain raw sewage.

When cleaning up, always wear protective gear, your waders, and gloves and face mask. Once your gas has been checked you can turn on your thermostat to 20-22 degrees centigrade to aid in the drying of your house. Remove any carpets, rugs or furniture damaged by the water, normal household cleaners will be effective at sanitizing your house.

Despite which of three disasters hit your house, following our guidance you can be very successful in surviving. Prepare beforehand, and recognize the signs and warning of an approaching disaster. Because you have planned for this, you and your family will know exactly what to do in order to stay safe, whether you need to evacuate or hole up in your house until the disaster passes. You have the supplies you need to eat, drink and stay healthy, look after yourself and your family and you will get through this natural disaster.



Thank you for reading...



Michael Harvey,

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