

# Be the Help *until Help Arrives*

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## PREPARE FOR EMERGENCIES AT HOME

Version 2.0 dated November 17, 2022

Prepared by Bob Metzger, Fire Chief, Canaan Valley Volunteer FD and member of TAI. For questions, reach out to him at [rmetzger@frontiernet.net](mailto:rmetzger@frontiernet.net). Additional information was provided by Dr. Bret Rosenblum, who also lives here and is a member of the Be the Help Group in TAI.

### Medical Preparation

- First Aid Kit

Have a **robust** first aid kit on-hand. (Tourniquets, Treated wound packing, bulk trauma dressings, etc.). Review the kit, as well as other supplies, periodically for leakage, damage, and expiration dates.

- Standard First Aid Kit

This is one of many choices available on Amazon; the photo shows the kinds of things that are included.



First Aid Only 57 Piece 10 Person  
First Aid Kit (6060)

- Tourniquet



- [https://www.amazon.com/Gen-CAT-Tourniquet-Combat-Application/dp/B074M13TBY/ref=sr\\_1\\_9?crd=1TN1ECNXZAF15&keywor](https://www.amazon.com/Gen-CAT-Tourniquet-Combat-Application/dp/B074M13TBY/ref=sr_1_9?crd=1TN1ECNXZAF15&keywor)

[ds=combat+application+tourniquet+NSN6515&qid=1658151809&sprefi  
x=combat+application+tourniquet+nsn6515%2Caps%2C105&sr=8-9.](https://www.rescue-essentials.com/combat-application-tourniquet-cat-gen-7/)

Cost = \$44.99

- Another alternative can be found here: <https://www.rescue-essentials.com/combat-application-tourniquet-cat-gen-7/> Cost = \$29.99
- Watch training video recommended by Bob Metzger on <https://www.youtube.com/watch?v=WGLLXy3AsBQ>.
- Individual first aid and wound care products can also be purchased here: <https://www.boundtree.com/first-aid-trauma-wound-care/c/6>
- Non-prescription items
  - Benadryl (allergy and itch relief; also good for bee stings)
  - Tick twister (for removing ticks)
  - Anti-fungal cream (athlete's foot and other fungal skin infections)
  - Hydrocortisone cream (for itches)
  - Gloves
  - Splints (SAM SPLINT 3X COMBO PACK, 36", 18" AND 9"- ORANGE/BLUE available on Amazon.com plus ace bandages)
- Adequate supply of medications on hand. (5-7 days minimum)
  - Personal medications
  - Other recommended medications requiring a prescription
    - Albuterol inhaler (for allergic reactions that affect breathing)
    - EpiPen (for life-threatening allergic reactions)
- List of the medications you're taking.
  - Prepare in MS Word so it can be easily updated
  - List how much you take and how often
  - List of any medication allergies and **significant** medical history
  - List of any general allergies (Peanuts, Bee stings, etc.)

## Potable Water Preparation

- Have a 5–7 day supply minimum (Gallon jugs, cases of individual bottles)
  - Filtration equipment (See prepping websites)
  - Method for heating water/cooking (Coleman stove –Coleman fuel, Walmart camping section)
  - Water storage for toilet flushing (Spare bathroom bathtub) Use sparingly
    - “If it's yellow, let it mellow. If it's brown, send it down”.
  - Method for capturing rainwater (Use filtration equipment for purification)

## Interior Lighting Preparation

- LED flashlights
- LED area lanterns
- Old Fashioned “wick-type” oil lanterns (“Lamp Oil” fuel available at Walmart. Lamps available on-line and sometimes at Walmart)

## Interior Heating Preparation

- Wood or pellet stove (A/C power source needed for pellet stove)
- Kerosine Radiant-type heater (10,000 BTU per hour)

## Electricity Preparation

- Whole-house generator (expensive and needs fuel)
- Small gasoline generator (Honda makes a nice 2 KW model, Approx \$1100)
- Solar cell generator for charging cell phones
- Organized supply of dry-cell batteries
  - “Battery Daddy” storage case – Find at Amazon

## Food Preparation

- MREs (Meals Ready to Eat. Relatively inexpensive, 1100-1300 calories/meal, approximately \$125 for 12 meals)
  - Websites: Beprepared.com, Mypatriotssupply.com
- Freeze dried individual packs and bulk foods (Fruits, Meats, Milk, Veggies, etc.)
  - 25-Year Shelf Life

