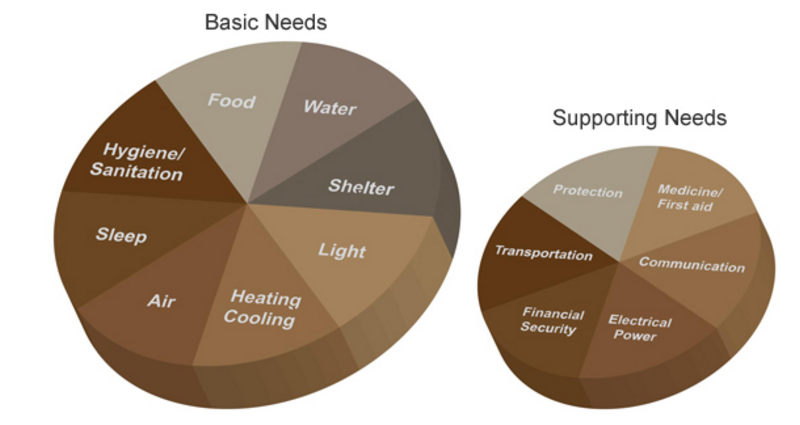
**SURVIVAL DOCUMENTATION**

1. **Main activity**



**Basic Needs**

**Suporting Needs**

**Surrondings state**

**Disaster Specific information**

**Extra information**

**Disaster Preparedness Plan**

<http://lifehacker.com/5976362/the-complete-guide-to-what-to-do-before-during-and-after-a-disaster>

Info about how to be prepared **BEFORE:**

**General preparation for any emergency:**

* Keep [your family's **most important documents**](http://lifehacker.com/264969/organize-your-familys-essential-information-in-case-of-an-emergency), like birth certificates, passports, nd social security cards in a safe place in case you need to grab them and leave the house. [Create a home inventory](http://lifehacker.com/5486090/whats-the-best-way-to-and-why-should-i-create-a-home-inventory) and keep it with those documents. Make digital copies, and put them on a flash drive in the same place. A portable safe/fireproof box is a good idea.
* Make sure you have a **well-stocked go-bag** that will keep you safe, warm, fed, and any medical needs you have taken care of for at least a few days. Include things like emergency food and water, an emergency radio, batteries, extras of any prescriptions you take, and even a charged cell phone just for 911 purposes
* Make sure you and your family **have a planned and practiced escape route from your home, and a place you all agree to meet up if something terrible happens**. Whether it's a burglar or a fire, everyone in your home should know the fastest way out of the house safely. Escape ladders from high windows are good investments, but if you live in an apartment building or high-rise, memorize the fastest route to a stairwell. Finally, practice your escape route with your family so everyone's clear on it.
* Make sure you're **familiar with the emergency or disaster plan at your office**. Your company should have evacuation routes from your workplace and meet-up locations outside of the building. If you don't know what they are, ask. If no one knows what they are, come up with them on your own. Ask yourself where the closest stairwell to your desk or work area is, and time yourself getting to it. Find out where the closest first-aid kit in the office is, in case you need it.

**Tornado:**

#### ***Learn the Warning Signs and Prepare***

* **Familiarize yourself with the warning signs**. Tornadoes are usually accompanied by other strong storms, like thunderstorms or hurricanes, but not always. Watch the sky—the sky will get dark suddenly, and you may hear a loud rushing sound, almost a roar. The wind may pick up for a while, but suddenly die down. Watch for clouds beginning to rotate in a circular pattern. Tornadoes may strike quickly—the trademark funnel cloud is a good sign, but the cloud doesn't take on that tone until the cloud descends or debris is picked up. They may be transparent before that.
* **Listen to emergency radio**. Severe weather information is often first communicated by radio. Listen for emergency broadcasts if the conditions look right for a tornado, or if you're in the middle of a severe thunderstorm.
* Understand the difference between a **tornado watch** and a **tornado warning**. A tornado watch means the conditions are right for a tornado to develop. A tornado warning means one has been sighted and you should seek shelter immediately.

**Hurricane:**

*Secure Your Home and Learn Local Evacuation Routes*

* **Make sure you have a disaster plan**. Your disaster plan, go bag, and important documents are more important here than in many other cases. **A 72 hour kit with food and water is especially important** for a slow-moving storm like a hurricane, which can knock out power for days and cut off potable water supplies. Make sure you have water, either by buying it or filling bathtubs and toilets with fresh water before the storm hits.
* **Prepare your home**. If you're a homeowner (or you live in an area prone to hurricanes), you can board up your windows with plywood or install storm shutters, secure your roof and siding to your house frame with straps. Reinforce garage doors, trim back long branches, bring in outdoor furniture, and so on. Check where the highest ground in your area is, just in case. Familiarize yourself and your family with utility shut-off switches and valves in your home in case you have to evacuate.
* **Familiarize yourself with emergency evacuation routes and shelters**. If an evacuation order is issued, you don't want to wonder which path is the best and safest out of town. Check with your local emergency management agency to see what the designated evacuation routes in each direction are, and commit them to memory (or draw them out on a paper map and stash it in your vehicle.) Also make sure you're aware of any community shelters in your neighborhood, or buildings that qualify as shelters (like old fallout shelters with deep basements, for example).
* **Prepare for travel**. If an evacuation order is issued, you want to make sure your vehicle is ready to leave, or you have a way to get out of town safely. Make sure your car's gas tank is full, important items are already stowed in the car, and any repairs that might impede your evacuation are done. Make sure there's a first aid kit in your car (as well as in your go-bag and with your disaster kit).

**Earthquake:**

#### ***Prepre your Family to Evacuate Fast and Recure your House***

[Live map of seismic activity around the world](http://earthquake.usgs.gov/earthquakes/map/):

<http://earthquake.usgs.gov/earthquakes/map/>

* **Give your home an earthquake checkup**. Check for hazards, fasten shelves to wall studs, and store breakables and poisons in cabinets that latch shut so they won't fall out and onto someone in an earthquake. Put heavy objects on lower shelves, and secure heavy furniture, either by fastening it to the wall or blocking rollers so they won't slide around. Make any structural repairs to the walls or foundation that are necessary.
* **Practice drills with your family (or coworkers.)** Know where the utility shut-off switches are in the house, and time yourself getting from your bedroom out of the house to a safe location. Time yourself doing the same again, but shutting off utilities and grabbing your go bag, documents, and checking on family members along the way. In a real emergency, you may not have time for any of that, but it's important to see if it's possible.

**Floods/Tsunami:**

#### ***Find High Ground, Get Ready to Leave***

* **Make sure you have a disaster plan**. What's more important in this case though is that you have a plan that you and others can put into motion quickly to get out of a dangerous area and to higher ground. It's essential to practice your escape plan with family members so you can get to a meet-up point quickly and safely.
* **Make sure you have an emergency radio**. Make sure you have a radio and find in advanced which radio channel issues Tsunami Warnings.

**Disaster Action Plan**

Info about how to react **DURING:**

**General advices:**

**Tornado:**

#### ***Stay Low and Get Away from Windows or Exterior Walls***

* **If you're indoors, shelter in a basement, storm cellar, or the lowest building level.** A designated safe room or root cellar will work just as well. If you're in a high-rise and can get downstairs, go, but don't waste too much time getting there. Stay away from windows, doors, corners of the building, or any other outside wall in the process.
* **If you're indoors and cannot get to a lower level/live in a high-rise, go to the smallest interior room or hallway, as far from the exterior of the building as possible.** The goal is to get as many walls and structure between you and the storm as possible, and to keep you away from flimsier things like windows, siding, or flying debris.
* **If you're driving when a warning is issued, try to drive to the closest place you can take shelter**. This is, of course, if a warning is issued and you're advised to take shelter, *not* if you actually see a storm.
* **If you're driving and cannot get to shelter, get out of the vehicle. Lay face-down, hands over your head in a ditch or a noticeably lower level next to the roadway, away from the vehicle**. If you can't get out or cannot get lower than your vehicle, shelter *in your vehicle*. Lay down or bring your head below the level of the windows, and try to cover the back of your head with a seat cushion, pillow, coat, or blanket.
* **If you're driving and see a tornado, do not try to outrun it. Pull over immediately and shelter with one of the two previous methods**. Avoid overpasses, bridges, tall buildings, and flying debris.

**Hurricane:**

#### ***Hunker Down, Evacuate When Ordered***

* **Monitor emergency radio, news radio, or television news for relevant information.** Paying attention to emergency radio can keep you up to date on whether an evacuation order has been issued for your area, but local news in this case can keep you up to date on how your neighbors are faring and when it'll be safe to go out to other parts of town.
* **Secure your home and shelter in place**. Now is the time to put into motion all of the preparation you did before the storm struck. If you didn't need to reinforce your home, close the blinds, move important items away from the windows, and secure them. Stay away from the windows yourself. Close interior doors, and stay as far to the interior of your home as possible.
* **Obey evacuation orders**. If an order is issued for your area, leave immediately. Grab your go bag, disaster kit, any important documents and items, and leave as quickly as possible along evacuation routes. Don't try to pack your car after the order is issued—grab what you can and go.
* Don't be fooled if there's a lull in the storm or if conditions seem to suddenly improve. **You may be experiencing the eye of the storm**, and the winds and rain will return soon. It may be a good time to evacuate or get to a shelter if you've been instructed to, but don't think the storm is over.

**Earthquake:**

* **Shield yourself or take shelter under sturdy furniture**. The old "get under your desk" rule is a good one, but only if your desk is sturdy enough to take the impact. If you can, get underneath and hold on. If you're in bed, try to cover yourself (specifically your head) with pillows and hold on.
* **If you're indoors, stay put**. If you're indoors, try to stay clear of obvious hazards like windows, hanging fixtures, shelves, or anything that's already loose and might collapse. Otherwise, if you're in bed, stay there and shelter. If you're at your desk, get under it. Unless you feel your current location is particularly hazardous, **don't attempt to move to another room or evacuate outdoors, it is usually safer to stay put**.
* **If you're outdoors, get away from tall objects that may collapse**. This includes buildings, trees, utility poles, streetlights, construction equipment or anything tall that might fall from the shaking or rolling. Try to get to as clear and open a place as possible, like a park or parking lot. Once you're in the open, get on the ground and hang on.
* **If you're in a vehicle, stop quickly, but try to stay clear of those tall objects.** You don't want anything collapsing onto your car. Stay in the car and shelter in place. When the earthquake has passed, tune to emergency radio and be careful of bridges, ramps, or other structures that may have been damaged.

**Floods/Tsunami:**

***Monitor Emergency Radio, Be Ready to Move Quickly***

* **Listen to emergency radio**. There's no way for you to tell whether what you're experiencing is a flood, a flash flood, or how high the waters will get. If an evacuation order is given, you'll need to pay attention to emergency services to hear it. Listening to emergency radio can make the difference between moving to a higher floor in your home or apartment building and needing to leave your home entirely for safer ground.
* **If you're driving, do not pass through standing water, or water where you cannot see the bottom**. Six inches of water will reach the bottom of most cars, causing control issues. If that water gets into the engine, your car will stall. Six inches is all it takes. A foot is enough to float a car or truck. Two feet will carry almost any vehicle off, including SUVs. Don't be deceived by what looks like a little water either—the road underneath may have washed away, making it deeper than it appears, especially at night. Don't risk your vehicle or your life. Pull over, drive around, or get out and get to higher ground.
* **If you're walking, do not walk through moving or rushing water**. A few inches can make you fall down, and fast-moving water can carry a person off quickly. If you have to walk through water, look for where the water isn't moving. Stay away from streams, sewer drains, and manmade channels or drainage canals.
* **If there is any possibility of a flash flood, or you think a tsunami is imminent get to higher ground immediately.** Don't wait for instructions or an official warning—just get your go-bag, important documents, family members, and go as soon as possible. If an actual flood warning has been issued, do the same and evacuate for higher ground immediately. Make sure you know the difference between [a warning and a watch](http://www.uhh.hawaii.edu/~nat_haz/floods/watchvwarning.php).
* **If you time to evacuate your home, turn off utilities and move critical items to the highest possible point.** Do this only if you have time, but if you live in a floodplain, you may have some warning. Make sure you know where gas, water, and power cut-off valves are, and disconnect any appliances you can. Of course, don't touch any wires, plugs, or other electrical equipment if you're standing in water.

**Fire:**

*Get Low, Get Out*

* **Get to the nearest exit immediately**. If there's smoke in the air, get as low as possible where you may be able to breathe and feel your way out. If there's smoke blocking your door, open the window. Before opening any door, feel the doorknob and the door body. If it's warm or there's smoke coming in from the other side, don't open the door—there may be a raging fire on the other side. Use your second exit, even if it's a window. If you have to open a door, open it slowly and be ready to shut it if smoke comes in.
* **Once you're out, contact emergency services**. Don't wait to contact them inside the house. Get out first. If you can't get to family members or pets on the safe way out, let them know when you call 911 and let them know where in the home they are.
* **Do not go back into a burning building**

**Terrorism:**

**A**lert

**L**ockdown

Key things to be aware of at all times, but particularly in lockdown:

* **Know the source of danger**Where is the threat? Know where the danger is coming from. Is this person shooting actively? Are they on the move? In which direction?   
    
  Maintain your wits and try to assess what actually caused the threat.
* **Find the exits**Attempt to get away from the immediate danger. Find the nearest avenue to an escape as possible. It may be a better idea to lockdown and stay where you are, but either way, you need to know where the danger is and what avenues you have to escape. Again, time is key, a few seconds at most to find the exits.

**I**nform

**C**ounter (only if no other option)

**E**vacuate

**After Disaster Plan**

Info about how to react **AFTER:**

**Tornado:**

#### ***Watch for Debris, Nails, and Damaged Structures***

* **Keep monitoring emergency radio**, and check with your local authorities before determining if an area you evacuated from is safe to return to.
* Tornadoes can cause incredible damage and down power lines, rupture gas lines, and damage structures and put them in danger of collapse. Many injuries after tornadoes are just people stepping on nails or cutting themselves on broken glass. **Be careful**, both immediately after and **when you try to clean up the damage**.

**Hurricane:**

#### ***Watch for Lingering Storms or Flooding***

* Hurricanes can often leave the type of destruction in their wake that resemble floods, thunderstorms, and tornadoes all in one. If you've sheltered in place, odds are it'll be safe to leave once the hurricane has passed over, although you may still see thunderstorms in your forecast**. Continue to monitor local weather conditions** and emergency radio before you head out. If you're without power, avoid using candles (for fire safety reasons) and try to use flashlights to get around.
* If you were evacuated**, check with authorities that it's safe to return before going back**. Remember, there may be flooding or standing flood water, so just because the storm has passed, it may not be safe to return. There may not be power, there may be ruptured gas lines in the area, contaminated water, or damaged structures in the wake of a damaging hurricane.
* When you are able to return, inspect your home and take note of any damage. Report it as soon as possible to the appropriate authorities. Throw out any spoiled food that may have been in your fridge or freezer while you were without power, and **stay alert for additional trailing storms** or wind that may follow the hurricane.

**Earthquake:**

#### ***Avoid Damaged Structures and Watch for Aftershocks***

#### After an earthquake has passed, don't immediately assume the danger is gone. In some cases, damaged structures can fall well after the shaking has stopped, or there may be other hazards in or around your home or office to deal with.

#### Assess the situation, and execute on your disaster plan. Meet your family or coworkers in a safe space, away from damaged buildings and other hazards like hanging wires, fires, gas leaks, falling glass, or uneven ground.

#### Be prepared for aftershocks, which can be just as dangerous (or more so to already compromised infrastructure) than the original quake.

#### If you're trapped under debris, make as much noise as possible so emergency services can get to you. Tap on pipes, whistle, shout—just make sure not to inhale dust or debris that may be around you. Cover your mouth with clothing to filter out some of the dust. If you can move or see a path out, try to get out, just be careful not to move anything that might cause other debris to settle or fall on you.

#### Once you're safe, administer first aid to those who need it, and listen to the radio—preferably emergency broadcasts—for more information. Be prepared to move to higher ground if you live on the coast and the earthquake may have triggered a tsunami.

#### If the quake was minor, inspect your home and property to make sure you don't have ruptured gas lines, dangling wires or tree limbs, or any other hazards that need to be addressed before you can go back into your home. If you think your home is damaged, call the appropriate service provider to inspect it properly.

**Floods/Tsunami:**

#### ***Avoid Floodwater and Stay Out of the Way***

* Many of the rules post-flood are the same as during a flood. Just because the water starts to recede doesn't mean it's gone where you want to go. **Don't walk into moving or deep water just because the storm has passed** or rushing water has receded.
* **Keep your ears on emergency radio**, and stay out of the way of emergency service personnel who may be working to help people who have been trapped by the waters.
* **Do not return to a flooded area until authorities indicate that it's safe.** Keep in mind that any flooded area is prone to additional flooding if conditions pick back up. Even a little rain can turn a once flooded area into a sudden flash flood. Also, floodwaters may have swept debris and other hazardous materials into an area. Look out for glass, downed power lines, ruptured gas lines, damaged buildings, and so on. Floodwater itself can be contaminated by gasoline, oil, sewage, or other chemicals—another reason to stay out of any of it, even if it's standing water.
* BASIC NEEDS

Add questions

* SUPPOSRTING NEEDS
* SOURRONDINGS STATE
* DISASTER SPECIFIC INFORMATION
* EXTRA INFORMATION

Ideas

After sending general quest, give information related to the answers (stuck? What to do, alone? Where to go..).