

# FOCUS



Contact Info: 205-356-0071

Project FOCUS:



Resilient Faith Project FOCUS:

**Family & Faith**  
**Ourself**  
**Community**  
**Unity**  
**Solidarity**

Every moment we spend focused on our communities brings light and strength to our communities.

Together, we build Resilient Faith Communities

# Community Emergency Preparedness Guide

Disclaimer:

This information is provided for general educational and preparedness purposes only. It does not constitute medical, legal, or emergency advice. Conditions, regulations, and best practices vary by location and over time; always follow guidance from local authorities, emergency management agencies, and qualified professionals. Improper use of materials or techniques may pose safety risks. The author assumes no liability for actions taken based on this information. This content is intended to promote preparedness and resilience, not fear or panic.

# Household Emergency Supply Checklist

## Water & Hydration

- Bottled water (1 gallon / 4L per person per day × 7-14 days)
- Reusable water containers
- 5-gallon buckets (with lids if possible)
- Water flavor packets (electrolytes, drink mixes, coffee, or tea) **(O)**
- Water purification tablets or drops **(O)**

## Food & Cooking

- Canned vegetables/ fruits
- Canned beans
- Canned meat/fish (tuna, sardines, chicken)
- Rice
- Ramen Noodles
- Oats / cereal
- Peanut butter or nut butter
- Cooking oil
- Shelf-stable milk or powdered milk
- Protein bars / energy snacks
- Sugar, salt, basic spices
- Manual can opener
- Camping stove / backup cooking method **(O)**
- Charcoal / Fuel (for grilling or outdoor cooking, if appropriate) **(O)**
- Disposable plates/bowls/eating utensils/pans **(O)**

## Medical & Health

- Prescription medications (30-day supply)
- Pain relievers
- Antihistamines
- Face masks (N95/FFP2 or equivalent)
- Disposable gloves
- First aid kit with thermometer
- Vitamins **(O)**

**(O)** = Optional

# Neighborhood Contact & Skills Sheet

This sheet is voluntary and intended to help neighbors support one another during emergencies or disruptions.

Share only what you're comfortable with.

**Household Name(s):** \_\_\_\_\_

**Address / Unit #:** \_\_\_\_\_

**Number of Household Members:**

**Adults (18+)** \_\_\_\_\_ **Adults (65+)** \_\_\_\_\_ **Kids (Under 18)** \_\_\_\_\_

**Primary Contact Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Preferred Contact Method:**

- Call  Text  Knock  Two-Way Radio

**Next of Kin Not Living in Household:**

**Contact Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

## Skills & Experience (Check all that apply)

### Medical & Care

- First aid / CPR  Nurse / EMT / medical professional  
 Caregiver experience  Mental health support

### Practical Skills

- Basic repairs / handyman  Electrical  Plumbing  
 Carpentry  Vehicle repair

### Safety & Utilities

- Fire extinguisher trained  Knows how to shut off gas  
 Knows how to shut off water  Generator experience

### Organization & Communication

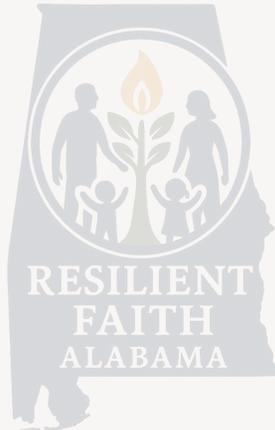
- Coordinating / logistics  Radio / walkie-talkie use  
 Languages spoken: \_\_\_\_\_

## Privacy & Consent

- I consent to share this information within the **neighborhood only**.  
 Please **do not share** my information with my neighbors without permission.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Notes



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## Fire, Power, Light & Communication

- Flashlights
- Headlamps
- Extra batteries (AA, AAA, etc.)
- Hand-crank weather/emergency radio
- Two-way radios (walkie-talkies)
- Lighters / Waterproof matches
- Printed emergency contacts list
- Permanent black marker
- Local paper maps **(O)**
- Power banks / Solar charger **(O)**

## Hygiene, Sanitation & Sterilization

- Toilet paper
- Wet wipes
- Soap
- Hand sanitizer
- Toothbrushes & toothpaste
- Black contractor trash bags (heavy-duty)
- Disinfectant wipes or spray
- Bleach (unscented, regular strength)
- Kitty litter (odor control & waste absorption)
- Tall kitchen garbage bags
- Diapers (if needed adult and baby) **(O)**
- Feminine hygiene products **(O)**
- Vodka or high-proof alcohol (for sterilization only) **(O)**

## Safety, Protection & Tools

- Smoke detector (working)
- Multi-tool or basic tool kit
- Duct tape
- Work gloves
- Rope / bungee cord
- Whistles (one per person)
- Painter's coveralls / disposable protective suits
- Goggles or eye protection

**(O)** = Optional

## Clothing & Comfort

- Weather-appropriate clothing
- Warm layers
- Sturdy shoes
- Rain gear
- Blankets or sleeping bags
- Hats and gloves
- Earplugs

## Financial & Documents

- Cash (small bills)
- Copies of IDs & passports
- Insurance documents
- Emergency contact list
- Waterproof document folder
- USB drive with digital backups **(O)**
- Medical records **(O)**

## Miscellaneous & Mental Well-Being

- Books / magazines
- Cards or board games
- Notebook & pens
- Phone numbers written down
- Children's comfort items

## Pets (if applicable)

- Pet food (7–14 days)
- Water bowls
- Medications
- Carrier / leash
- Waste bags / litter



**(O)** = Optional

## Removal Steps

- Put on gloves and mask
- Carefully tie the inner bag tightly
- Place it into a second trash bag
- Tie securely and store outside, away from people and animals
- Follow local guidance for waste disposal when available

## Cleaning & Disinfection

Bleach Disinfecting Solution (Surfaces Only)

- 1/3 cup unscented bleach per 1 gallon of water
-  **Never mix bleach with ammonia or vinegar**

## Cleaning Steps

- Remove bag
- Rinse bucket if possible
- Disinfect with bleach solution
- Air dry before relining

## Hygiene Best Practices

- Wash hands or use sanitizer after every use
- Keep toilet area well-ventilated
- Store kitty litter and supplies nearby
- Assign cleaning duties clearly in shared households

## Important Safety Notes

-  **Do NOT** dump waste into **household toilet, storm drains or open ground**
-  **Do NOT** reuse bags
-  **Do NOT** use scented bleach
  -  Keep children and pets away from stored waste
  -  Label the bucket clearly: **"EMERGENCY TOILET"**

One bucket per household is usually sufficient; large families may want two

# Emergency 5-Gallon Bucket Toilet Setup

## Guide

### What You Need

- 5-gallon bucket
- Tight-fitting lid
- Heavy-duty trash bags or bucket liners
- Kitty litter (clay or non-clumping preferred)
- Disposable gloves
- Pool noodle or foam pipe insulation (for seat comfort) **(O)**
- Baking Soda **(O)**

### Setup Instructions

#### 1. Prepare the Bucket

1. Place one heavy-duty trash bag inside the bucket
2. Fold the top of the bag over the rim
3. For extra protection, double-bag if bags are thin

#### 2. Add Absorbent Layer

- Pour 2–3 inches of kitty litter into the bottom
  - Controls odor, Absorbs liquid, Reduces splash

#### 3. Create a Seat **(O)**

- Cut a pool noodle lengthwise and snap it around the rim
- OR use a snap-on toilet seat lid designed for buckets

### How to Use Safely

- Wear gloves (and mask if indoors)
- Use the toilet as normal

#### After each use:

- Add 1–2 cups of kitty litter to fully cover waste
- Close the lid tightly after every use

### Bag Removal & Disposal

#### When to Change the Bag

- When ½ to ⅔ full
- Or once per day in warm environments

**(O)** = Optional

## USAGE NOTES (What & When to Use)



### Water & Sanitation

- **Stored Water:** Drinking, cooking, basic hygiene.  
Rotate every 6–12 months.
- **Water Enhancement Packets:** Improve taste, encourage hydration; some add electrolytes. Does not replace clean water.
- **Bleach (unscented):**
  - Surface disinfection
  - Emergency water treatment only if no filter/tablets are available
  -  **Never mix with ammonia or vinegar.**
- **5-Gallon Buckets + Kitty Litter:**
  - Emergency toilet (line bucket, add litter after use, seal & dispose properly).
  - Also useful for hauling water or supplies.
- **Vodka / High-Proof Alcohol (≥60% ABV):**
  - Sterilizing tools/surfaces in a pinch.
  -  **Not a water purifier.**

### Cooking, Fire & Power

- **Charcoal:** Outdoor cooking only; never indoors (carbon monoxide risk).
- **Waterproof Matches / Lighters:** Fire-starting in wet or windy conditions; store sealed.
- **Camping Stove:** Backup cooking; ensure ventilation.
- **Solar Charger / Power Banks:** Keep phones/radios running during outages.

### Communication & Signaling

- **Crank Weather/Emergency Radio:** Receives alerts when internet/cell service is down.
- **Two-Way Radios:** Short-range communication with family/neighbors.
- **Whistles:** Emergency signaling if trapped or visibility is low (3 short blasts = distress).



## GO-BAG

# (72-HOUR EMERGENCY BAG CHECKLIST)

One per person. Lightweight, grab-and-go.

### Water & Food

- Water bottles (2–3 liters)
- Collapsible water container
- Water purification tablets or filter
- High-calorie snacks (protein bars, nuts)
- Electrolyte / water enhancement packets

### Clothing & Shelter

- Change of clothes
- Warm layer / hoodie
- Rain poncho
- Hat & gloves
- Sturdy shoes
- Emergency blanket

### Light, Power & Communication

- Small flashlight or headlamp with extra batteries
- Power bank + charging cable
- Hand-crank or battery radio
- Whistle

### Health & Hygiene

- Personal medications (3–7 days)
- Compact first aid kit
- Face masks (N95/FFP2)
- Disposable gloves
- Hand sanitizer / Wet Wipes
- Toothbrush & travel toothpaste
- Feminine hygiene items / Adult diapers

### Documents & Money

- Photo ID copies
- Emergency contact list
- Insurance/medical info
- Cash (small bills)
- USB drive with backups (optional)

### Tools & Misc.

- Multi-tool
- Duct tape (wrapped flat)
- Rope/Bungee Cord
- Waterproof matches / lighter
- Notebook & pen
- Phone numbers written down

### Pets / Children (if applicable)

- Pet food & collapsible bowl
- Leash / carrier
- Diapers / formula / comfort items

### Final Tips

- Keep Go-Bags near exits
- Review & refresh every 6 months
- Practice a 5-minute grab drill
- Coordinate plans with household members



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