

Title:

Preparing For A Natural Disaster, Terrorists Attack Or Bird Flu Pandemic

Word Count:

1069

Summary:

How prepared are you? Will you be like thousands of others and wait until the last minute to s

You need to start planning today, preparing for the unexpected so that you and your family can

Keywords:

bird flu, H5N1, bird flu articles, avian influenza, avian, pandemic, flu, birdflu, avian flu

Article Body:

How prepared are you? Will you be like thousands of others and wait until the last minute to s

You need to start planning today, preparing for the unexpected so that you and your family can

You should plan on meeting your family's daily needs for a minimum of a month, preferably up t

Food·Stock up on the basics. Flour, sugar, non-perishable foods like macaroni products, rice (

Water·You can store water in large containers, 5-gallon mylar water bags, camping jugs and oth

Tools·are you equipped to handle minor repairs around your home? Fix your auto? Repair or buil

Energy·there may be interruptions or outages in electrical and other utilities. Do you have an

Medical· a good first aid kit is a must have. Over the counter drugs such as ibuprofen, aspiri

Household supplies·everything from shampoo and toothpaste to toilet paper, soap, detergent, bl

Communication·Newer walkie-talkies that have a 10-12 mile range will help you stay in touch wi

Camping equipment·stoves, tents, sleeping bags can all come in handy especially if you need to

Bicycles·if you need to get around and there is no gas a bike is the best item to have.

Relocating·if you choose not to stay in your home, then you need a plan on how you will reloca

Figure out how far you need to get away. Think about storing extra gas to provide a full tank

Plan your exit strategy from your city or town. Keep a map in your car with the roads out high

Store your ^bug out~ survival supplies in containers that can be quickly loaded into your vehi

Start today preparing for the unexpected and if it happens you won't need to divert your time

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