

Practicing Emergency Preparedness – Questions & Answers Guide

1. Why should I practice emergency preparedness?

Emergencies can happen suddenly and disrupt normal life. Practicing preparedness helps you respond calmly, reduce injuries and losses, protect health, and recover faster. Being prepared saves lives and reduces panic.

2. What types of emergencies should I prepare for?

You should prepare for emergencies most likely in your area, such as:

- Severe weather (heavy rain, flooding, fog, heatwaves)
 - Health emergencies or pandemics
 - Power or water outages
 - Traffic or transport disruptions
 - Building emergencies (fire, evacuation)
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3. How do I stay informed before and during an emergency?

- Follow official alerts and announcements from authorities
 - Know how emergency warnings are delivered (SMS, apps, media)
 - Monitor weather and safety updates regularly
 - Avoid rumors and rely only on trusted sources
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4. How should my family or team communicate during an emergency?

- Choose a main method of communication (phone, messaging app)
- Agree on a backup method if networks fail
- Select a safe and familiar meeting point
- Keep emergency contact numbers accessible

5. What should I do if we are separated during an emergency?

- Do not panic
- Use the agreed communication plan
- Go to the predetermined meeting point
- Follow instructions from authorities

6. When should I evacuate, and when should I stay indoors?

- Evacuate immediately if instructed by authorities
- Shelter indoors if evacuation is unsafe or not advised
- Know evacuation routes and safe shelter areas in advance
- Never delay evacuation to collect belongings

7. What emergency supplies should I have ready?

A basic emergency kit should include:

- Drinking water and non-perishable food
- Essential medications and medical supplies
- Flashlight and batteries
- Power bank or charger
- Copies of important documents
- Personal hygiene items

8. How do I consider special needs during preparedness planning?

Consider the needs of:

- Children and elderly family members
- People with chronic illnesses or disabilities
- Pregnant women

- Pets or service animals
Plan how to assist them safely and ensure their medications, equipment, and care needs are met.
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9. How can I practice emergency preparedness effectively?

- Conduct simple drills at home, school, or work
 - Practice evacuation and communication plans
 - Simulate scenarios like power outages or severe weather
 - Review what worked and what didn't
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10. How often should I practice and update my plan?

- At least once a year
 - When family members, location, or health needs change
 - After experiencing a real emergency
 - When new risks or guidance emerge
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11. What should I do after an emergency?

- Ensure everyone is safe and healthy
 - Follow recovery instructions from authorities
 - Avoid hazards such as damaged buildings or contaminated water
 - Review your plan and improve it based on experience
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12. How does practicing preparedness help mental well-being?

Knowing what to do reduces fear and anxiety. Practicing preparedness builds confidence, supports emotional resilience, and helps families and communities recover more quickly.