AEGIS

Offline field handbook | Edition 3.0

115 original quick-reference guides. Prepared November 2026. Designed for printing and offline study.

Safety and use

When there is immediate danger, act first. Follow emergency authorities and qualified professionals when available. This is a collection of concise educational summaries, not full official manuals, diagnosis, equipment approval or a guarantee of safety. Local rules, equipment instructions and individual care needs take precedence. Reference URLs require internet. Keep independent copies of complete official manuals and printed emergency plans.

Contents by category

Immediate action — 7 guides (G1, G2, G3, G4, G5, G72, G73)

Water & sanitation — 14 guides (G6, G7, G8, G9, G10, G11, G52, G53, G54, G55, G74, G75, G76, G77)

Power & fuel — 13 guides (G12, G13, G14, G15, G16, G17, G78, G79, G80, G81, G82, G83, G84)

Food & cooking — 12 guides (G18, G19, G20, G21, G22, G85, G86, G87, G88, G89, G90, G91)

Medical & safety — 8 guides (G23, G24, G25, G26, G27, G28, G29, G30)

Weather & hazards — 14 guides (G31, G32, G33, G34, G35, G36, G37, G38, G39, G40, G111, G112, G113, G114)

Communications & navigation — 9 guides (G41, G42, G43, G44, G97, G98, G99, G100, G101)

Long-term readiness — 13 guides (G45, G46, G47, G48, G49, G50, G51, G106, G107, G108, G109, G110, G115)

Off-grid energy — 5 guides (G56, G57, G58, G59, G60)

Food & long-term supply — 4 guides (G61, G62, G63, G64)

Shelter & household — 7 guides (G65, G66, G92, G93, G94, G95, G96)

Communications — 3 guides (G67, G68, G69)

Medical continuity — 6 guides (G70, G71, G102, G103, G104, G105)

Immediate action

G1 · First ten minutes

CAUTION: Leave immediate danger first; call 911 if possible. Do not delay evacuation to use the app.

1. Account for people and pets; move away from fire, floodwater, electrical hazards or unstable structures.
2. Check for serious injury and urgent medical power needs.
3. Use a battery radio or official alert if reachable; obey evacuation or shelter orders.
4. Record time, location and facts; avoid rumors.
5. Choose the safest shelter and set a family check-in schedule.

Practice: Run a ten-minute family tabletop exercise; assign each person a role.

Source references: https://www.ready.gov/ | https://www.ready.gov/plan

G2 · Extended grid failure

CAUTION: A blackout is not evidence of a nationwide collapse. Confirm conditions by multiple official sources if available.

1. Use flashlights and keep fridge/freezer closed.
2. Check medical devices, indoor temperature, drinking water and CO alarms.
3. Disconnect sensitive appliances; leave one light on to notice restoration.
4. Use backup power only with approved connections and safe generator placement.
5. Inventory actual resources daily and relocate before heat, cold or medical needs become unsafe.

Practice: Conduct a safe two-hour simulated outage with essential medical power maintained.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G3 · Shelter or evacuate

CAUTION: Official evacuation orders and immediate threats override your preference. Never enter closed roads.

1. Assess fire, flooding, structural safety, temperature, medical support and water.
2. Confirm the destination is safe, accessible and has supplies; a camper is not a storm shelter.
3. Choose two legal routes and a fallback shelter.
4. Take medications, water, clothing, IDs, radio, pets and keys; notify your contact if possible.
5. Reassess early, before fuel or safe travel options run out.

Practice: Drive and document alternate routes in normal conditions.

Source references: https://www.ready.gov/plan | https://www.ready.gov/

G4 · Family reunification

CAUTION: Do not travel into a hazardous area just to reunite; follow school and emergency instructions.

1. Choose a nearby and out-of-area meeting point.
2. Designate a trusted out-of-area contact.
3. Write school pickup rules, authorized adults and backup contacts.
4. Use short texts when voice lines are congested; agree on check-in times.
5. Print wallet cards and keep copies in vehicles and go-bags.

Practice: Practice a no-phone reunion plan with the household.

Source references: https://www.ready.gov/plan

G5 · Emergency communication

CAUTION: No messaging method guarantees rescue. Never assume a message was received.

1. Try 911 for emergencies; provide location, hazard, number of people and urgent needs.
2. If calls fail, try a short text where text-to-911 is supported.
3. Use battery NOAA weather radio and local broadcasts for official updates.
4. Conserve phone power; use scheduled check-ins and offline contact copies.
5. Use legal radio channels and agree on a simple message format.

Practice: Practice transmitting location and status in one short message.

Source references: https://www.weather.gov/nwr/ | https://www.ready.gov/plan | https://www.ready.gov/alerts

G72 · Uncertain outage duration: daily decision review

CAUTION: Do not wait for supplies to run out before arranging a safe alternative.

1. Check each person and pet, indoor conditions, safe water, food and medical power.
2. Record actual supplies and compare the result with reserve triggers.
3. Confirm the next opportunity for reliable resupply and safe shelter.
4. Set a next review time and leave early when officials direct it or habitability cannot be maintained.

Practice: Run a tabletop using the endurance simulator, then identify its assumptions.

Source references: https://www.ready.gov/ | https://www.ready.gov/plan | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

G73 · Recovery after electricity returns

CAUTION: Do not reenergize damaged or wet electrical equipment.

1. Follow utility and equipment instructions for safe restoration; use a qualified electrician for damaged systems.
2. Check appliances, temperature-sensitive food and medication before use.
3. Replenish used supplies, document expenses and review what failed.
4. Export updated records, restore-test backups and revise household plans.

Practice: Create a recovery checklist and a replacement-supply list.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage | https://www.fda.gov/drugs/emergency-preparedness-drugs | https://www.ready.gov/recovering-disaster

Water & sanitation

G6 · Water storage and ration planning

CAUTION: Do not restrict essential drinking water to meet a spreadsheet target; seek safe resupply.

1. Plan a baseline of one gallon per person daily; allow extra for pets, heat and illness.
2. Aim for at least a two-week reserve where practical.
3. Use clean food-grade containers; label fill dates and keep them cool and away from chemicals.
4. Rotate self-filled stored water every six months.
5. Track drinking and sanitation water separately; keep a reserve for evacuation.

Practice: Measure your real storage capacity and count containers.

Source references: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

G7 · Boiling water

CAUTION: Boiling does not remove fuel, toxic chemicals, salt or radioactive material. Avoid suspected chemical contamination.

1. Use sealed bottled water first where available.
2. If water is cloudy, let it settle and filter through a clean cloth before treatment.
3. Bring clear water to a rolling boil for one minute; above 6,500 feet, boil for three minutes.
4. Let water cool and store in a clean covered container.
5. Follow local health instructions, including any do-not-use orders.

Practice: Practice boiling and cooling a measured quantity using safe cooking equipment.

Source references: https://www.cdc.gov/water-emergency/about/index.html

G8 · Emergency chlorine disinfection

CAUTION: Use only appropriate plain unscented bleach with known concentration and follow its drinking-water label. Never mix bleach with other chemicals.

1. Prefer boiling when possible. If cloudy, settle and prefilter the water.
2. For plain 5–9% sodium hypochlorite without drinking-water label directions, CDC lists 8 drops per US gallon of clear water, or 2 drops per quart.
3. CDC lists double the amount for cloudy, colored, murky or very cold water; mix and wait at least 30 minutes.
4. For other concentrations or tablet products, use verified product-specific directions; do not guess.
5. This may not remove all parasites and cannot make chemically contaminated water safe.

Practice: Locate the concentration on your bleach and print the matching official instructions.

Source references: https://www.cdc.gov/water-emergency/about/index.html

G9 · Filters and alternate water

CAUTION: Clear water can contain pathogens and chemicals. Floodwater is not a safe source.

1. Use known safe stored water and official distribution points first.
2. Use a filter certified for the contaminants you need to remove; many portable filters do not remove viruses.
3. Follow filter instructions and use additional disinfection when required.
4. Keep untreated water containers separate from clean ones.
5. Have a private well tested after flooding; follow health department advice before use.

Practice: Read the specifications of your filter and identify its limitations.

Source references: https://www.cdc.gov/water-emergency/about/index.html | https://www.epa.gov/ground-water-and-drinking-water

G10 · Emergency toilets and waste

CAUTION: Do not flush when sewer backup, flooding or utility instructions make it unsafe. Never handle sewage without protection.

1. Ask the utility or local authorities whether sewer service is safe.
2. Use a purpose-made portable toilet or RV sanitation system if available; follow its disposal instructions.
3. Use designated waste disposal sites; separate waste from food and drinking water.
4. Keep handwashing supplies and lined trash containers available.
5. Clean frequently touched surfaces with an appropriate labeled product; never mix chemicals.

Practice: Locate safe disposal options at both sites before an outage.

Source references: https://www.cdc.gov/water-emergency/safety/guidelines-for-personal-hygiene-during-an-emergency.html | https://www.ready.gov/

G11 · Hand hygiene

CAUTION: Hand sanitizer does not replace handwashing for visibly dirty hands.

1. Wash hands with soap and safe water for about 20 seconds.
2. Prioritize after toilet use, waste handling and before preparing food.
3. Use alcohol-based sanitizer if soap and safe water are unavailable; follow label directions.
4. Keep utensils, dishes and food prep surfaces clean.
5. Separate sick household members when feasible and avoid sharing personal items.

Practice: Set up a portable handwashing station and test it.

Source references: https://www.cdc.gov/water-emergency/safety/guidelines-for-personal-hygiene-during-an-emergency.html

G52 · Inspect stored water and containers

CAUTION: Do not use containers previously used for chemicals or fuel.

1. Record the source, volume and fill date of each container.
2. Inspect seals, cracks, leaks and storage temperatures; protect from chemicals and direct sunlight.
3. Use food-grade storage and keep a separate, clearly labeled nonpotable supply.
4. Follow bottled-water dates and replace home-filled emergency water every six months; store enough for people, pets and medical needs.

Practice: Inventory all containers and test that they can be safely moved.

Source references: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

G53 · Collect rainwater for nonpotable use

CAUTION: Rainwater is not automatically potable, even if clear.

1. Inspect catchment and identify roofing materials, debris, wildlife and possible chemical pollution.
2. Keep the tank screened, covered, labeled nonpotable and structurally supported.
3. Measure collected volume and compare with overflow capacity; consider winter freeze protection.
4. Use only approved nonpotable applications and prevent cross-connection with drinking water.

Practice: Use the rainwater calculator to estimate a measured rainfall event.

Source references: https://www.epa.gov/sites/default/files/widgets/newr-calculator/resources.html | https://www.epa.gov/ground-water-and-drinking-water | https://www.cdc.gov/water-emergency/about/index.html

G54 · Prepare for a private well outage

CAUTION: Do not drink flood-affected well water until the appropriate testing and clearance.

1. Record pump type, electrical rating, pressure tank and manufacturer instructions.
2. Identify safe water alternatives before relying on backup power for a well.
3. Have a qualified installer verify any generator connection and pump starting load.
4. If floodwater enters the well, use sealed safe water and seek local health guidance on inspection, disinfection and testing.

Practice: Write a well service contact and tested safe-water backup plan.

Source references: https://www.epa.gov/ground-water-and-drinking-water | https://www.cdc.gov/water-emergency/about/index.html | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

G55 · Separate drinking and nonpotable water

CAUTION: Never rely on color or smell to verify water safety.

1. Mark drinking-water vessels clearly and keep separate hoses and equipment for nonpotable water.
2. Use safe water for brushing teeth, preparing food, ice and drinking.
3. Prevent dirty hands or scoops from contaminating stored water.
4. Inspect storage every day during an outage and record measured use.

Practice: Label all containers and rehearse filling and dispensing without contamination.

Source references: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html | https://www.cdc.gov/water-emergency/safety/guidelines-for-personal-hygiene-during-an-emergency.html | https://www.cdc.gov/water-emergency/about/index.html

G74 · Emergency water source register

CAUTION: Unknown water is not potable. Chemical, fuel and radioactive contamination cannot be solved by ordinary boiling or disinfection.

1. Record source, location, ownership permission, collection date and advisory status.
2. Label each container potable or NONPOTABLE and use separate hoses and equipment.
3. Only count water as potable after the applicable authority or an appropriate treatment process confirms its safety.
4. Record daily demand and the next confirmed resupply date. Establish an alternative before reserves become critical.

Practice: Make a source register and label containers.

Source references: https://www.cdc.gov/water-emergency/about/index.html

G75 · Water transport and handling

CAUTION: Water is heavy; check vehicle payload and safe lifting limits.

1. Measure container volume and empty weight. Calculate full weight using about 8.34 lb per US gallon.
2. Use food-grade containers for drinking water and secure upright according to vehicle instructions.
3. Keep lids clean, use dedicated clean dispensing equipment and prevent cross-contamination.
4. Inspect for leaks and record fill dates.

Practice: Practice transporting a small quantity safely.

Source references: https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

G76 · Sewage backup and septic disruption

CAUTION: Avoid contact with wastewater and electrical hazards. Do not enter a septic tank or confined space.

1. Stop using affected fixtures if sewage is backing up
2. isolate the area from children and pets.
3. Contact the utility or qualified septic service when possible.
4. Use a locally approved temporary sanitation method away from drinking-water sources.
5. Clean and disinfect affected surfaces only when safe and according to public health guidance.

Practice: Identify a safe sanitation fallback and service contact.

Source references: https://www.epa.gov/septic

G77 · Handwashing station without piped water

CAUTION: Use safe water for hygiene and keep contaminated wastewater away from drinking water.

1. Set a clean water dispenser with a controlled flow, soap, disposable towels and a collection basin.
2. Wash thoroughly with soap and water, particularly after toilets, before preparing food and after handling waste.
3. Empty collected wastewater in a locally approved way
4. clean and refill the station.
5. If safe water is unavailable, follow public-health guidance on hand sanitizer and its limitations.

Practice: Build and test a station before an outage.

Source references: https://www.cdc.gov/clean-hands/about/index.html

Power & fuel

G12 · Generator and carbon monoxide safety

CAUTION: Run generators outdoors only, at least 20 feet from buildings, with exhaust away from openings. Never on a porch, in a garage, shed or enclosed area.

1. Use working battery-backed CO alarms in occupied spaces; leave immediately for fresh air if one alarms.
2. Follow the manufacturer’s weather protection, grounding, load and startup guidance.
3. Do not connect to a home outlet or backfeed utility wiring; use approved transfer equipment installed by a qualified electrician.
4. Turn off and cool the generator before refueling; store fuel safely away from ignition sources.
5. Operate at a measured load, inspect cords and do not exceed rated capacity.

Practice: Mark a safe generator location at each site; test alarms and review the exact manual.

Source references: https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning-- | https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center | https://www.osha.gov/sites/default/files/publications/OSHA3286.pdf

G13 · Generator fuel endurance

CAUTION: Fuel-use calculations are estimates, not guaranteed run time; cold and tank vaporization can limit propane delivery.

1. Measure fuel use at your actual operating load; record hours and fuel consumed.
2. Calculate usable fuel divided by measured fuel per hour.
3. Use compatible regulators, hoses and approved cylinders; keep cylinders upright outdoors as required.
4. Reserve fuel for critical power rather than running continuously without need.
5. Keep generator maintenance and refueling instructions accessible offline.

Practice: Run a safe supervised load test and enter consumption into the power planner.

Source references: https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G14 · Battery and inverter fundamentals

CAUTION: Do not open battery packs or improvise high-current wiring. Follow manufacturer temperature and charging limits.

1. Watts describe power; watt-hours describe stored or consumed energy.
2. Daily energy is appliance watts multiplied by hours of use, summed across loads.
3. Estimate usable battery energy from rated capacity, allowable discharge and conversion losses.
4. Check inverter continuous and surge ratings and each appliance starting load.
5. Use listed chargers, approved protection and properly rated connections; do not charge damaged batteries.

Practice: Measure real refrigerator and device consumption with an appropriate meter.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.ready.gov/

G15 · Solar energy budgeting

CAUTION: Solar production varies with weather, shade and temperature. Do not assume nameplate output all day.

1. Multiply array watts by local equivalent peak-sun-hours and a conservative system efficiency.
2. Compare daily yield with daily loads; allow for several cloudy days.
3. Check the controller or power station voltage/current limits and cold-weather panel voltage before connecting.
4. Use manufacturer-approved connectors and cable sizes; avoid damaged or wet electrical connections.
5. Measure actual daily production and update the planning assumptions.

Practice: Record three sunny and three cloudy days of actual yield.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.ready.gov/

G16 · Prioritize essential electrical loads

CAUTION: Do not disconnect life-sustaining equipment without a medical continuity plan.

1. List medical devices, communications, lighting and refrigeration first.
2. Measure running watts and daily duty cycle; list heating and cooling separately.
3. Use appliance schedules to avoid simultaneous high loads.
4. Use LED lights and charge portable devices in planned sessions.
5. Reassess battery state and fuel every day; arrange safe relocation if needed.

Practice: Build a load list in the calculator and run a safe battery-only test.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

G17 · RV winter and summer safety

CAUTION: An RV is not a reliable tornado or flood shelter. Use only installed approved heating appliances.

1. Check CO, propane and smoke alarms and emergency exits.
2. Confirm furnace electrical needs and propane supply; do not heat with a stove or outdoor heater.
3. Follow the RV manual for winterization and water-system protection.
4. Monitor inside temperature and arrange a safer building if heating or cooling cannot be maintained.
5. Use approved shore power or generator connections and protect cables from damage.

Practice: Locate the RV manual and document cold-weather and evacuation thresholds.

Source references: https://www.nfpa.org/education-and-research/home-fire-safety/recreational-vehicles | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning-- | https://www.weather.gov/safety/winter | https://www.weather.gov/safety/heat

G78 · Prepare a load-shedding schedule

CAUTION: Do not disconnect life-sustaining equipment, alarms or essential heating without a provider-approved alternative.

1. List each appliance, measured running energy and surge requirements.
2. Mark loads critical, important or discretionary, identifying which cannot be interrupted.
3. Schedule flexible loads during confirmed solar surplus if compatible.
4. Retest at realistic loads. Reduce discretionary demand first rather than compromising health.

Practice: Make a printed priority list next to your power system.

Source references: https://www.ready.gov/power-outages

G79 · Extension cords and transfer equipment

CAUTION: Never backfeed a house through an outlet. Fixed wiring and transfer equipment require qualified installation.

1. Identify the equipment manufacturer's permitted connections and circuit ratings.
2. Inspect cords for damage, correct outdoor rating and load capacity
3. keep connections dry.
4. Use only approved transfer equipment for building circuits, installed by a qualified electrician.
5. Stop if plugs are hot, breakers repeatedly trip or insulation is damaged.

Practice: Ask an electrician to inspect your documented setup.

Source references: https://www.cpsc.gov/Safety-Education/Safety-Guides/Generators

G80 · Generator fault decision tree

CAUTION: Never service a running or hot generator. Do not bypass safety interlocks or modify fuel systems.

1. Stop if there is a CO alarm, fuel leak, smoke or electrical damage
2. move to safety.
3. With engine off and cool, consult exact manual for oil level, fuel selection, battery and approved starting steps.
4. Disconnect loads before starting or troubleshooting as specified by manual.
5. If a breaker trips, remove loads and check documented ratings
6. repeated trips or unknown faults require service.

Practice: Keep the exact model manual and maintenance record offline.

Source references: https://www.cpsc.gov/Safety-Education/Safety-Guides/Generators

G81 · Battery storage inspection

CAUTION: Do not open damaged lithium batteries or charge outside manufacturer limits. Smoke, swelling or heat may indicate danger.

1. Inspect external case, terminals and cable condition without opening equipment.
2. Record manufacturer storage temperature, permitted charge range and recommended storage state.
3. Use approved chargers and protection, keep away from combustible materials and exits.
4. If overheating, smoke or unusual odor occurs, move away and seek emergency assistance.

Practice: Store specifications and charging restrictions in your local manual vault.

Source references: https://www.cpsc.gov/Safety-Education

G82 · Solar and battery commissioning worksheet

CAUTION: No calculator certifies electrical design. Do not work on energized circuits or damaged panels.

1. Record exact panel Voc/Isc, temperature limits, controller input limits and battery specifications from manuals.
2. Have qualified personnel verify protection, grounding, disconnects and equipment compatibility.
3. Measure actual daily useful energy with a safe installed meter under representative weather.
4. Record changes and repeat the outage drill after alterations.

Practice: Create a one-page equipment specification record.

Source references: https://www.energy.gov/eere/solar/solar-energy-technologies-office

G83 · Portable power station operating plan

CAUTION: Do not exceed input/output, surge or charging limits. Avoid placing equipment in wet locations.

1. Record usable delivered Wh from a safe test at representative loads.
2. Note AC inverter standby use and the time required for each permitted charging method.
3. Designate a critical reserve and compatible charging sources
4. keep manufacturer adapters labeled.
5. Store the manual and print the allowed input/output ratings.

Practice: Perform a safe recharge and runtime test.

Source references: https://www.ready.gov/power-outages

G84 · Fuel inventory and safe storage

CAUTION: Never store fuel in occupied living areas or use open flames near fuel. Follow local fire codes and cylinder instructions.

1. Record actual quantity by fuel type, container condition and location separately from nominal capacity.
2. Use approved containers and permitted storage locations
3. secure cylinders upright according to instructions.
4. Keep fuel away from ignition sources and exits
5. follow manufacturer and local rules for storage and disposal.
6. Measure consumption under actual safe generator loads.

Practice: Check the quantity and condition of stored fuel without opening pressurized equipment.

Source references: https://www.cpsc.gov/Safety-Education/Safety-Guides/Generators

Food & cooking

G18 · Refrigerator and freezer during outage

CAUTION: Never taste food to determine safety. When unsure, discard it.

1. Keep doors shut; an unopened refrigerator has about four hours of safe cooling.
2. An unopened full freezer holds cold about 48 hours; half-full about 24 hours.
3. Use appliance thermometers and coolers with ice if needed.
4. Discard perishable refrigerated food after four hours without power or safe cooling; discard perishables held above 40°F for two hours (one hour above 90°F).
5. Frozen foods still containing ice crystals or at 40°F or below may generally be refrozen or cooked.

Practice: Place a thermometer in each appliance and make a cooler plan.

Source references: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G19 · Build a shelf-stable pantry

CAUTION: Do not rely on unfamiliar foods or foods that require more cooking water or fuel than you have.

1. Start with foods your household actually eats; accommodate allergies and medical diets.
2. Include ready-to-eat items, protein, fats, grains and shelf-stable fruits and vegetables.
3. Store cool and dry, protect against pests and rotate oldest first.
4. Track package calories, servings and use-by dates; plan realistic menus.
5. Use a manual opener and store extra safe water for cooking.

Practice: Prepare a full no-grid menu for three days and note shortages.

Source references: https://www.ready.gov/kit | https://www.myplate.gov/ | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G20 · Safe food preservation

CAUTION: Use tested preservation recipes only. Improvised canning, especially low-acid foods, can be deadly.

1. Use the National Center for Home Food Preservation or extension-tested recipes.
2. Use a pressure canner for low-acid foods when the tested process requires it; adjust for altitude as instructed.
3. Discard leaking, swollen or damaged containers without tasting.
4. Refrigeration, drying, freezing and canning each have distinct safety requirements.
5. Keep printed tested recipes and suitable equipment; do not invent time or pressure settings.

Practice: Download tested recipes for the foods you actually grow or buy.

Source references: https://nchfp.uga.edu/ | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G21 · Cooking without grid electricity

CAUTION: Outdoor stoves and grills must remain outdoors away from openings; never use them in a tent or camper unless specifically approved for that installed use.

1. Use a stable outdoor cooking area away from combustible materials.
2. Have a manual opener, appropriate cookware and a food thermometer.
3. Follow appliance instructions for fuel and shutdown; let equipment cool.
4. Keep raw food separate and use safe water for preparation.
5. Plan meals that require little fuel or water.

Practice: Cook a simple pantry meal using your approved outdoor appliance.

Source references: https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning-- | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G22 · Garden and long-term supply

CAUTION: A new garden is not immediate food security; do not eat unidentified wild plants or fungi.

1. Start with locally suitable crops and tested soil; plan water and pest control.
2. Learn seasonal planting and seed storage from agricultural extension resources.
3. Track yields and preserve food using tested methods.
4. Build relationships with local growers and neighbors before emergencies.
5. Maintain reserves for crop failure, winter and supply interruptions.

Practice: Choose a small plot and learn the local growing calendar.

Source references: https://www.ext.vt.edu/ | https://nchfp.uga.edu/

G85 · Pantry nutrient and dietary audit

CAUTION: Calorie counts alone do not establish adequate nutrition. Follow medical dietary requirements.

1. Inventory calories, servings and dietary restrictions from labels

2. separate pet food.

3. Include varied shelf-stable foods that meet household needs and can be prepared with available water and fuel.

4. Plan meals that use expiring supplies first, while observing storage and safety directions.

5. Identify infant feeding, allergy and medical diet needs with healthcare guidance.

Practice: Write a seven-day menu that your household will actually eat.

Source references: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G86 · Cooking equipment preflight

CAUTION: Outdoor grills, charcoal and portable camping stoves must not be used indoors or in enclosed shelters.

1. Choose an outdoor setup following instructions, away from combustibles and openings.

2. Keep fuel and matches safely stored

3. have appropriate fire protection.

4. Select meals that require little cooking and water. Keep a manual can opener available.

5. After cooking, cool and store food safely

6. do not keep questionable leftovers.

Practice: Practice preparing a normal meal outdoors using the actual equipment.

Source references: https://www.cdc.gov/carbon-monoxide/factsheets/generator-safety-fact-sheet.html

G87 · Food label and storage audit

CAUTION: Discard leaking, bulging or badly damaged containers and any food suspected of contamination.

1. Keep packaging instructions and food labels readable

2. record purchase and rotation dates.

3. Store food in a clean dry area within recommended temperatures and protect it from pests.

4. Identify products needing refrigeration once opened

5. plan portions accordingly.

6. Do not taste suspect food to determine safety.

Practice: Rotate one pantry shelf and log losses.

Source references: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G88 · Home canning reference discipline

CAUTION: Do not improvise canning recipes, times or pressures. Incorrect processing can cause botulism.

1. Download the USDA Complete Guide to Home Canning and tested recipe sources before an outage.
2. Use the recipe's exact method, jar size, acidity and altitude adjustment.
3. Use properly functioning equipment and current instructions
4. do not substitute an unapproved appliance.
5. If no tested recipe or appropriate equipment exists, select another safe preservation method.

Practice: Save tested recipes for foods you actually grow.

Source references: https://nchfp.uga.edu/resources/entry/about-the-usda-guide-to-home-canning-2015-revision

G89 · Food supply without refrigeration

CAUTION: Do not assume a cooler is safe without temperature measurements.

1. Plan smaller portions from sealed shelf-stable products
2. avoid leftovers if cold storage is uncertain.
3. Use a thermometer with a cooler and replenish ice only if available.
4. Separate raw foods and ready-to-eat foods
5. use clean utensils and safe water.
6. Apply government food-specific discard guidance when a temperature limit is exceeded.

Practice: Run a one-day no-refrigeration meal plan safely.

Source references: https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage

G90 · Garden seasonal planning

CAUTION: Garden yield is uncertain; do not count unharvested produce as food reserves.

1. Record local frost dates and growing conditions from a local extension source.
2. Choose appropriate crops, calculate area and seed needs, and keep soil and irrigation records.
3. Plan staggered planting and safe pest management according to local guidance.
4. Measure actual harvest and preserve only using tested methods.

Practice: Create a local calendar with your extension service.

Source references: https://www.nifa.usda.gov/extension

G91 · Seed and garden inventory

CAUTION: Do not treat unknown plants as edible. Avoid unverified wild-food identification.

1. Label each seed packet with variety, source, date and storage requirements.
2. Test a small sample for germination and record conditions and results.
3. Plan succession planting from measured space and local climate.
4. Keep basic tools, safe irrigation and verified food preservation references.

Practice: Test a seed sample and update your inventory.

Source references: https://www.nifa.usda.gov/extension

Medical & safety

G23 · Adult sudden cardiac arrest

CAUTION: Call 911 if possible and follow dispatcher instructions. Child, infant, drowning and overdose CPR often require rescue breaths; get certified training.

1. Check scene safety and responsiveness; if adult is unresponsive and not breathing normally, send someone for emergency help and an AED.
2. Start chest compressions on a firm flat surface, centered on the chest.
3. Compress hard and fast, 100–120 per minute, about 2 inches deep for an adult, allowing recoil.
4. Use an AED as soon as available and follow its voice instructions.
5. Continue until trained help takes over, the person shows signs of life, or you cannot safely continue.

Practice: Take a hands-on CPR/AED class; do not practice compressions on a healthy person.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/hands-only-cpr.html

G24 · Severe bleeding

CAUTION: Call 911; protect yourself from blood and use trained care.

1. Apply firm, continuous direct pressure with clean gauze or cloth.
2. If life-threatening limb bleeding persists, use a commercial tourniquet according to training and device directions.
3. Do not remove an embedded object; apply pressure around it.
4. Keep the person warm and monitor breathing and responsiveness.
5. Get professional care as soon as possible.

Practice: Take a certified bleeding-control course and keep a real kit.

Source references: https://www.redcross.org/take-a-class/first-aid/performing-first-aid

G25 · Medical continuity

CAUTION: Do not alter doses, ration prescriptions or improvise medical equipment.

1. List essential medications, allergies, clinicians and pharmacies on a private paper copy.
2. Ask your clinician about emergency reserves, refrigeration and device backup power.
3. Keep medication in labeled containers and track expirations.
4. Identify backup medical sites and transport options.
5. Arrange early relocation if power, medication or temperature cannot be maintained.

Practice: Review the plan with a clinician and test approved backup power.

Source references: https://www.fda.gov/drugs/emergency-preparedness-drugs | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

G26 · Carbon monoxide emergency

CAUTION: If a CO alarm sounds or poisoning is suspected, get everyone outside to fresh air immediately and call 911.

1. Do not search for the source or reenter to switch equipment off.
2. Move people and pets away from the building; seek urgent medical evaluation.
3. Report suspected generator, heater or vehicle exposure.
4. Wait for qualified responders to declare the area safe before returning.

Practice: Test alarms and practice the exit route.

Source references: https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning-- | https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center

G27 · Heat illness

CAUTION: Confusion, collapse or altered consciousness in heat can indicate heat stroke: call 911 and cool immediately.

1. Move to a cool place, remove excess clothing and actively cool with water or cold wet cloths.
2. For a fully alert person with mild heat exhaustion, rest and sip cool water if able.
3. Do not give fluids to an unconscious or confused person.
4. Monitor children, older adults and people with medical conditions closely.
5. Leave a dangerously hot home or camper early for a safe cooled building.

Practice: Identify a cooling location and set household temperature monitoring.

Source references: https://www.weather.gov/safety/heat | https://www.redcross.org/take-a-class/first-aid/performing-first-aid

G28 · Cold exposure

CAUTION: Confusion, severe drowsiness or loss of coordination in cold can be an emergency. Seek help immediately.

1. Move to dry shelter, remove wet clothing and insulate with dry layers.
2. Warm the center of the body gently; do not rub frostbitten skin or use direct high heat.
3. Offer warm nonalcoholic drinks only if fully alert and able to swallow.
4. Monitor breathing and responsiveness; obtain urgent medical care.
5. Avoid unsafe indoor combustion for warmth.

Practice: Check blankets, spare clothing and a safe heated fallback location.

Source references: https://www.weather.gov/safety/winter | https://www.redcross.org/take-a-class/first-aid/performing-first-aid | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G29 · Burns and minor wounds

CAUTION: Major, electrical, chemical, deep or extensive burns require urgent medical care.

1. Stop exposure without endangering yourself.
2. Cool minor thermal burns with clean cool running water; do not use ice or greasy remedies.
3. Cover loosely with a clean nonstick dressing.
4. Rinse minor cuts with safe water and cover; monitor for infection.
5. Seek care for deep wounds, bites, persistent bleeding, spreading redness or fever.

Practice: Inventory dressings and take a first aid course.

Source references: https://www.redcross.org/take-a-class/first-aid/performing-first-aid

G30 · Poisoning and chemical exposure

CAUTION: Call 911 for breathing difficulty, collapse or seizures. US Poison Control: 1-800-222-1222 when service is available.

1. Leave the exposure area if safe; do not enter a contaminated space to rescue without training.
2. Do not induce vomiting or give home remedies unless directed by a professional.
3. Have the product label available and follow poison-control guidance.
4. For external contamination, follow product and emergency instructions; avoid spreading it.
5. Keep hazardous products separate from water, food and children.

Practice: Print poison control and emergency contacts.

Source references: https://www.poison.org/

Weather & hazards

G31 · Flood and flash flood

CAUTION: Never drive or walk through floodwater. Move to higher ground early.

1. Monitor warnings and local river conditions; evacuate if instructed.
2. Avoid low-water crossings and flooded bridges even if familiar.
3. Stay away from downed wires and damaged structures.
4. Do not use flood-contaminated water or food.
5. Return only when authorities say it is safe.

Practice: Identify high-ground destinations and routes that avoid flood-prone crossings.

Source references: https://www.weather.gov/safety/flood | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G32 · Tornado and severe wind

CAUTION: Leave a camper or mobile home for a sturdy shelter before a tornado arrives; do not wait until travel is unsafe.

1. Move to a basement or small interior room on the lowest floor of a sturdy building.
2. Stay away from windows and protect your head and neck.
3. Do not shelter under an overpass.
4. Use a battery weather radio and stay until the warning has passed.
5. Watch for damage, gas leaks and fallen lines afterward.

Practice: Locate a real tornado shelter near each site and practice reaching it.

Source references: https://www.weather.gov/safety/tornado

G33 · Winter storm

CAUTION: Avoid unnecessary travel. Use safe heating only; never use generators or grills indoors.

1. Charge devices and prepare blankets, food, water and medical supplies.
2. Keep vents clear where safe, and monitor indoor temperature and CO alarms.
3. Avoid overexertion when clearing snow.
4. If stranded, seek help and follow official vehicle survival guidance; avoid exhaust blockage.
5. Relocate early if safe warmth or medical power cannot be maintained.

Practice: Check cold-weather clothing and safe heat backup.

Source references: https://www.weather.gov/safety/winter | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G34 · Extreme heat

CAUTION: Children and pets can overheat rapidly in vehicles. Never leave them unattended in a hot vehicle.

1. Use a cooler indoor location or an official cooling center.
2. Drink safe water regularly unless medically restricted; reduce strenuous activity.
3. Keep curtains closed during peak heat and use safe ventilation when outdoor conditions permit.
4. Check vulnerable household members frequently.
5. Do not rely solely on fans in dangerous heat; relocate if needed.

Practice: Identify backup cooling options and travel arrangements.

Source references: https://www.weather.gov/safety/heat

G35 · Lightning

CAUTION: If thunder is audible, move to a substantial building or enclosed hard-topped vehicle.

1. Avoid open areas, isolated trees, water and metal fences.
2. Inside, avoid plumbing and corded electrical equipment during the storm.
3. Wait at least 30 minutes after the last thunder before returning outdoors.
4. A tent, picnic shelter or open porch is not safe lightning shelter.
5. Get emergency care for anyone struck; victims do not retain an electrical charge.

Practice: Identify enclosed shelters before outdoor activities.

Source references: https://www.weather.gov/safety/lightning

G36 · House fire or gas leak

CAUTION: Get out and stay out. Call emergency services from a safe location; never reenter.

1. Have two exits from each sleeping area and a meeting place outside.
2. If smoke is present, use a safe exit and stay low below smoke.
3. If you smell gas, leave; do not operate switches, flames or phones inside.
4. Call 911 or the gas utility from a safe location.
5. Use an extinguisher only on a small fire if trained and with a clear exit; evacuate otherwise.

Practice: Practice a family escape drill and test alarms.

Source references: https://www.ready.gov/home-fires | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G37 · Wildfire and smoke

CAUTION: Evacuate when ordered or when conditions become unsafe. Do not wait for visible flames.

1. Prepare go-bags, vehicles and pets before fire approaches.
2. Follow official evacuation routes and road closures.
3. If sheltering from smoke, use cleaner indoor air and suitable filtration if available.
4. A well-fitted N95 can reduce particle exposure but does not protect against gases or oxygen deficiency.
5. Seek medical help for severe breathing symptoms.

Practice: Plan early departure triggers and a clean-air location.

Source references: https://www.ready.gov/wildfires | https://www.airnow.gov/

G38 · Earthquake

CAUTION: During shaking, protect yourself rather than running outside through falling debris.

1. Drop, cover and hold on beneath sturdy furniture if possible.
2. Stay away from glass and objects that may fall.
3. After shaking, check injuries and hazards; leave damaged buildings safely.
4. Expect aftershocks and do not enter unsafe structures.
5. Avoid damaged utilities, bridges and roads.

Practice: Secure tall furniture and identify protective spots.

Source references: https://www.ready.gov/earthquakes

G39 · Radiation emergency

CAUTION: Get inside a substantial building quickly; a vehicle or camper provides limited shielding.

1. Move to a basement or central interior away from roof and exterior walls.
2. Close windows and doors; stop outside-air ventilation if safe.
3. Carefully remove contaminated outer clothing, isolate it and gently wash exposed skin.
4. Use sealed food and water; listen to authorities and generally plan to shelter at least 24 hours unless directed otherwise or immediate hazards require leaving.
5. Only take potassium iodide if instructed by public health officials; it is not general radiation protection.

Practice: Identify a substantial shelter near the camper and home.

Source references: https://www.cdc.gov/radiation-emergencies/safety/

G40 · Chemical release

CAUTION: Follow official evacuation or shelter instructions; do not approach a spill.

1. Move away from the release if outdoors and safe to do so.
2. If told to shelter, close windows and outside-air ventilation and move to an interior space.
3. Avoid contact with contaminated surfaces, liquids and vapors.
4. If exposed, seek emergency guidance on decontamination; do not mix chemicals.
5. Do not leave shelter until officials advise it is safe unless immediate danger requires exit.

Practice: Identify how to safely switch off outdoor-air intake.

Source references: https://www.ready.gov/chemical-emergencies

G111 · Earthquake aftershock and inspection

CAUTION: Do not enter damaged structures or approach leaking utilities.

1. Check for injuries and follow official instructions. Expect aftershocks.
2. Avoid downed lines and damaged infrastructure
3. move to a safe place if needed.
4. Use a flashlight rather than flame when inspecting only safe areas.
5. Wait for qualified inspection before reentry into damaged structures.

Practice: Secure household hazards according to local guidance before an event.

Source references: https://www.ready.gov/earthquakes

G112 · Flood recovery and contaminated property

CAUTION: Floodwater may contain sewage, chemicals and electrical hazards. Do not enter until safe.

1. Wait for official clearance and utility safety confirmation.
2. Use appropriate protection and qualified cleanup help for significant contamination.
3. Discard food and drinking water that may be contaminated, following official guidance.
4. Document damage when safe and contact insurers and local recovery resources.

Practice: Store recovery contacts and official guidance offline.

Source references: https://www.ready.gov/floods

G113 · Wildfire evacuation readiness

CAUTION: Follow evacuation instructions promptly. Never drive into smoke or fire closures.

1. Prepare transport, go-bags, medication and pets before smoke or fire threatens.
2. Know alternative legal routes and confirmed destinations.
3. Monitor official warnings where available, and leave early when directed.
4. Do not return until authorities say it is safe.

Practice: Review routes and loading time before fire season.

Source references: https://www.ready.gov/wildfires

G114 · Post-disaster carbon monoxide prevention

CAUTION: If a CO alarm sounds or poisoning is suspected, get everyone to fresh air immediately and seek emergency help.

1. Operate generators outdoors at least 20 feet from occupied buildings with exhaust away from openings.
2. Never use charcoal or outdoor combustion appliances indoors or in garages.
3. Use battery-backed CO alarms as instructed and replace expired units.
4. Do not reenter a suspected unsafe area until responders clear it.

Practice: Inspect alarm age and test according to the manual.

Source references: https://www.cdc.gov/carbon-monoxide/factsheets/generator-safety-fact-sheet.html

Communications & navigation

G41 · NOAA weather radio

CAUTION: Coverage and power can fail; use multiple independent information sources.

1. Use a battery-capable NOAA weather radio and local AM/FM receiver.
2. Configure local SAME codes if supported and test reception at both sites.
3. Keep spare batteries and written broadcast frequencies.
4. Schedule check-ins and record the time and source of each alert.
5. Do not treat an old recorded bulletin as a current warning.

Practice: Test radio reception at the home and camper.

Source references: https://www.weather.gov/nwr/

G42 · Off-grid two-way radios

CAUTION: Radio transmissions may be public and range is terrain-dependent. Follow applicable licensing and operating rules.

1. Choose compatible family radios and legally permitted channels.
2. GMRS generally requires a US license; FRS is license-by-rule with compliant equipment.
3. Test actual coverage rather than relying on advertised range.
4. Agree on plain-language call signs, check-in windows and a fallback meeting place.
5. Meshtastic requires compatible hardware and tested configuration; it is not a replacement for emergency services.

Practice: Test each device with cellular and Wi-Fi disabled in normal conditions.

Source references: https://www.fcc.gov/general-mobile-radio-service-gmrs | https://meshtastic.org/docs/

G43 · Offline maps and paper routes

CAUTION: Downloaded maps are snapshots, not live road safety information. Never ignore closure signs.

1. Download regional offline maps before losing service; test in airplane mode.
2. Print a road map and mark two routes plus fallback destinations.
3. Record major bridges, flood crossings, fuel stops and shelters.
4. GPS may work without internet, but map downloads and live traffic may not.
5. Keep a compass and learn map orientation before relying on it.

Practice: Navigate a familiar route offline and check your paper map.

Source references: https://organicmaps.app/ | https://www.ready.gov/plan

G44 · Cyber and telecom outage

CAUTION: An offline app cannot verify current conditions. Label facts, reports and unknowns separately.

1. Keep paper contacts, local copies of records and offline authentication recovery procedures.
2. Avoid unverified links or requests for credentials when service resumes.
3. Use battery radio and approved emergency channels for updates.
4. Keep a small cash reserve and alternative payment arrangements where appropriate.
5. Record outages and check-ins with timestamps; verify before forwarding reports.

Practice: Test access to essential documents without internet.

Source references: https://www.cisa.gov/secure-our-world | https://www.ready.gov/plan

G97 · Paper map and compass practice

CAUTION: A straight-line bearing is not a safe route. Respect roads, closures, terrain and property boundaries.

1. Keep printed regional maps, a compass and written primary and alternate routes.
2. Learn the map legend, scale, north orientation and local magnetic declination.
3. Practice on a familiar legal route with normal navigation backup.
4. Record checkpoints and an overdue check-in procedure. Turn back when uncertain.

Practice: Practice a short daylight route with an experienced navigator.

Source references: https://www.usgs.gov/programs/national-geospatial-program/topographic-maps

G98 · GPS device offline validation

CAUTION: GPS position does not prove the route is passable. Some devices need time to acquire a fix.

1. Download regional map data and test navigation in airplane mode with location enabled.
2. Test position display, address search and rerouting on a familiar safe route.
3. Carry a battery backup and paper maps. Record coordinate format and datum when sharing a position.
4. Do not use a phone while driving
5. a passenger can operate it.

Practice: Test in a familiar area before you need it.

Source references: https://www.gps.gov/

G99 · Radio message log

CAUTION: Only use permitted channels and equipment. Do not transmit sensitive personal data on public channels.

1. Record time, sender, location, exact message and whether information is verified.
2. Use agreed check-in times and a concise status format.
3. Read back important messages to confirm accuracy
4. avoid forwarding rumors.
5. Keep radio batteries charged and an alternative contact route.

Practice: Practice sending a short non-emergency status message.

Source references: https://www.fcc.gov/wireless/bureau-divisions/mobility-division

G100 · NOAA weather broadcast listening plan

CAUTION: Weather radio coverage depends on location, terrain, receiver and station operation.

1. Store a receiver and suitable batteries. Test reception at every shelter location.
2. Program locally relevant alert codes according to the receiver manual if supported.
3. Keep the radio accessible during severe weather and use independent sources when possible.
4. Follow official warnings and do not rely on one receiver alone.

Practice: Confirm actual reception and record the station.

Source references: https://www.weather.gov/nwr/

G101 · Digital information backup

CAUTION: Unencrypted documents can expose private information if a device or drive is lost.

1. Keep at least two independent copies of important files, with one separate from primary devices.
2. Use device encryption and an appropriate encrypted backup for private records.
3. Open representative documents and restore a test backup offline.
4. Keep a printed minimal family plan and know where it is stored.

Practice: Disconnect networking and restore a test copy.

Source references: https://www.ready.gov/cybersecurity

Long-term readiness

G45 · Go-bag and vehicle kit

CAUTION: Pack for mobility and individual medical needs; do not overload your vehicle.

1. Pack safe water, ready-to-eat food, medications, flashlight, radio, batteries and basic first aid.
2. Include weather-appropriate clothing, sturdy shoes, maps, hygiene items and document copies.
3. Keep child, pet and accessibility needs in mind.
4. Secure heavy supplies and store fuel only as permitted.
5. Rotate perishable items and inspect equipment periodically.

Practice: Weigh bags and practice loading the vehicle.

Source references: https://www.ready.gov/kit | https://www.ready.gov/pets

G46 · Household maintenance calendar

CAUTION: A stored device or fuel supply is not ready until inspected and tested safely.

1. Check alarms, batteries and lighting regularly using device instructions.
2. Rotate water and pantry stock and inspect storage for leaks or pests.
3. Maintain generator and battery systems per exact manuals.
4. Review contacts, evacuation routes and medical continuity at least periodically.
5. Record each test result, fault and next due date.

Practice: Schedule recurring household drills and equipment checks.

Source references: https://www.ready.gov/kit | https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html | https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning--

G47 · Community and personal safety

CAUTION: Avoid confrontations and risky patrols. Do not enter dangerous locations or interfere with responders.

1. Establish trusted neighbors and check-in agreements before emergencies.
2. Keep doors and windows secure, preserve lighting and avoid broadcasting private information.
3. Use de-escalation, distance and lawful evacuation when unsafe.
4. Share verified information and assist others only within your capabilities.
5. Coordinate with official shelters or emergency management when possible.

Practice: Create a small trusted support network and share check-in procedures.

Source references: https://www.ready.gov/plan | https://www.ready.gov/

G48 · Documents and recovery

CAUTION: Local device storage is not an encrypted vault. Protect sensitive files with device encryption and secure backups.

1. Keep paper and protected digital copies of essential identification, insurance and medical information.
2. Record property and equipment serial numbers and receipts before emergencies.
3. Document damage only when safe; avoid contaminated or structurally damaged areas.
4. Contact insurers and official assistance channels once reachable.
5. Maintain multiple independent backups and periodically restore-test them.

Practice: Restore a backup on a second device and verify key documents.

Source references: https://www.ready.gov/recovering-disaster | https://www.ready.gov/plan

G49 · Learning library beyond this app

CAUTION: Offline references may be outdated; verify critical medical, electrical and food-safety information against trained guidance.

1. Use Kiwix for offline encyclopedias and selected reference collections while connected.
2. Download exact appliance, generator, battery and vehicle manuals.
3. Keep tested food-preservation instructions and local emergency maps.
4. Add personal notes and local documents to this app; make independent file copies.
5. Practice skills in normal conditions; reading is not a substitute for training.

Practice: Build a USB and phone copy of the most useful references.

Source references: https://kiwix.org/ | https://nchfp.uga.edu/ | https://www.ready.gov/

G50 · Pets and dependent care

CAUTION: Never assume every shelter accepts pets; verify arrangements before travel.

1. Store suitable food, water, medications and carriers for each animal.
2. Keep ID tags, vaccination records and veterinarian contacts accessible.
3. Prepare comfort, mobility, sensory and communication supplies for dependents.
4. Arrange a backup caregiver and transportation plan.
5. Practice departure without relying on normal utilities.

Practice: Update dependent and pet needs in the family plan.

Source references: https://www.ready.gov/pets | https://www.ready.gov/plan

G51 · Daily off-grid routine

CAUTION: Treat unsafe shelter, severe medical symptoms and inability to meet essential needs as reasons to seek help or relocate.

1. Morning: count people, assess weather and shelter, check water, battery and fuel.
2. Midday: prepare meals safely, maintain sanitation and handle essential chores.
3. Evening: record actual consumption, monitor temperature and plan overnight medical and power needs.
4. Use scheduled communication checks and conserve batteries.
5. Review resupply and departure decisions before shortages become critical.

Practice: Rehearse the routine for one day under safe conditions.

Source references: https://www.ready.gov/ | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html

G106 · Resource check-in and shift handover

CAUTION: Do not let recordkeeping delay emergency action.

1. At each handover record people accounted for, medical needs, shelter conditions and remaining verified resources.
2. Distinguish measured facts, estimates and rumors.
3. Write the next check-in time, current priorities and confirmed resupply arrangements.
4. Assign tasks with realistic rest and revisit any unresolved safety concern.

Practice: Practice a five-minute household briefing.

Source references: https://www.ready.gov/plan

G107 · Household financial and recovery records

CAUTION: Keep sensitive information encrypted and never share private backups with customers.

1. Inventory essential identity, insurance, ownership and provider documents.
2. Keep copies separate from originals and record insurer contact instructions.
3. Photograph property only when safe and record repairs and expenses accurately.
4. Check accessible copies during an offline drill.

Practice: Create a minimal printed emergency contact sheet.

Source references: https://www.ready.gov/financial-preparedness

G108 · Neighborhood mutual aid planning

CAUTION: Only provide assistance within your training and without entering hazardous areas.

1. Identify consenting neighbors and local volunteer organizations.
2. Agree on welfare check procedures, assistance needs and communication methods.
3. Keep sensitive details private
4. avoid publishing locations of supplies.
5. Use official coordination when available and prioritize personal safety.

Practice: Discuss a mutually agreed check-in plan.

Source references: https://www.ready.gov/community-emergency-response-team

G109 · Evacuation bag weight audit

CAUTION: Do not overload a person or vehicle. Essential medical, water and accessibility needs take priority.

1. Weigh the bag and each major item
2. include water and batteries.
3. Assign items based on ability, accessibility and realistic walking distance.
4. Keep duplicate essential plans and supplies in appropriate locations.
5. Test a short safe walk and adjust without dropping critical necessities.

Practice: Weigh each bag and verify vehicle payload limits.

Source references: https://www.ready.gov/kit

G110 · 30-day preparedness exercise

CAUTION: Never simulate an outage by cutting essential medical power or exposing anyone to unsafe temperatures.

1. Choose a hypothetical event, duration and explicit assumptions.
2. Test communications, resource accounting, shelter plans and backup restoration under safe conditions.
3. Record failures, assign owners and set realistic corrective-action dates.
4. Repeat after significant changes and retain evidence of the fixes.

Practice: Conduct a tabletop exercise with the household.

Source references: https://www.ready.gov/plan

G115 · Offline kit acceptance test

CAUTION: Downloading an installer is not the same as having a working offline tool.

1. Install programs, models and maps while connected, then open each with internet disconnected.
2. Verify a document opens completely, not just its title or cached web link.
3. Export and restore a test backup
4. keep the original data untouched.
5. Record version, date, device and test outcome
6. preserve independent copies.

Practice: Complete the offline acceptance checklist on each device.

Source references: https://www.ready.gov/plan

Off-grid energy

G56 · Measure essential appliance loads

CAUTION: A plug-in power meter does not establish circuit safety or capture every startup surge.

1. List must-run devices and record their exact ratings and manuals.

2. Use appropriately rated measurement equipment according to its instructions.

3. Record daily energy over representative operating periods and distinguish standby from running consumption.

4. Test the approved backup system under realistic loads; confirm that critical devices remain powered.

Practice: Create a measured baseline in Resource planner.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.osha.gov/sites/default/files/publications/OSHA3286.pdf

G57 · Generator preflight and shutdown

CAUTION: Operate outdoors at least 20 feet from occupied structures, exhaust away from openings. Never backfeed a building.

1. Read the exact model manual; confirm correct fuel, oil, clearances and connection equipment.

2. Inspect equipment with engine off and cool; check for damage or leaks.

3. Use approved connections and protection; have an electrician assess building supply connections.

4. Follow manual for starting, unloading, cooling and shutdown; never refuel while running or hot.

Practice: Conduct a safe manual-guided practice run in daylight.

Source references: https://www.cpsc.gov/safety-education/safety-education-centers/carbon-monoxide-information-center/protect-your-family-from-carbon-monoxide-poisoning-- | https://www.osha.gov/sites/default/files/publications/OSHA3286.pdf

G58 · Charging lithium batteries in cold weather

CAUTION: Do not charge outside the manufacturer-permitted temperature or voltage range.

1. Find the exact model charging and discharging temperature limits.

2. Use the battery management system and compatible charger specified by the manufacturer.

3. Keep equipment dry, protected from damage and within approved ventilation conditions.

4. If temperature or battery condition is uncertain, stop charging and use an approved alternate power source.

Practice: Save the battery manual and record its limits on a paper label.

Source references: https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.ready.gov/

G59 · Solar array inspection after severe weather

CAUTION: Damaged solar equipment can remain energized in daylight. Do not touch exposed conductors.

1. Observe from a safe location; do not climb onto a damaged roof.
2. Check for loose mounts, damaged glass, wiring or water entry without touching electrical components.
3. Use the manufacturer shutdown procedure only if it is safe to do so.
4. Have a qualified installer inspect damaged equipment before returning it to use.

Practice: Store a diagram and installer contact with the equipment manuals.

Source references: https://www.osha.gov/sites/default/files/publications/OSHA3286.pdf | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html

G60 · Protect backup power for medical equipment

CAUTION: Contact the equipment provider and clinician; do not change settings or interrupt prescribed treatment to save power.

1. Record device power requirements and approved power sources from the provider.
2. Make an individual continuity plan, including an alternate powered location and safe transport.
3. Check manufacturer guidance for operating time and backup batteries; avoid untested adapters.
4. Arrange relocation before safe power or critical supplies become uncertain.

Practice: Practice the provider-approved continuity plan with a second caregiver.

Source references: https://www.fda.gov/drugs/emergency-preparedness-drugs | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html | https://www.ready.gov/plan

Food & long-term supply

G61 · Plan seven days of no-cook meals

CAUTION: Account for allergies, dietary needs, and safe food handling.

1. Make a seven-day menu using shelf-stable foods normally eaten by the household.
2. List actual servings, calories, preparation water and cooking fuel requirements.
3. Include foods that need no refrigeration or cooking, plus a manual can opener.
4. Rotate stock through ordinary meals and replace used packages.

Practice: Prepare one day of the menu without grid power using safe equipment.

Source references: https://www.ready.gov/kit | https://www.myplate.gov/ | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G62 · Check refrigerated food after an outage

CAUTION: Never taste food to determine whether it is safe.

1. Record outage start and keep doors closed.

2. An unopened refrigerator generally protects food for about four hours; after that, discard refrigerated perishables without verified safe cooling.

3. A full closed freezer generally lasts about 48 hours, a half-full one about 24 hours; check temperature or remaining ice crystals before deciding.

4. Follow the food-specific government chart; discard questionable food rather than risk illness.

Practice: Place thermometers in fridge and freezer and print the government outage chart.

Source references: https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage | https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency

G63 · Organize food rotation and spoilage checks

CAUTION: Discard leaking, swollen or badly damaged cans; do not taste suspect food.

1. Record package, usable servings, date and storage location.

2. Place older sound stock in front and use it first, considering quality and food-specific safety guidance.

3. Keep the pantry cool, dry and protected from pests and chemicals.

4. Check special diets and identify supplies with uncertain storage history.

Practice: Set a monthly stock review and test the manual can opener.

Source references: https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency | https://www.ready.gov/kit

G64 · Start a resilient garden plan

CAUTION: Gardening cannot provide immediate dependable food; avoid contaminated soil or irrigation water.

1. Contact your local extension office for climate-appropriate crops, soil tests and planting dates.

2. Start with foods the household actually uses and preserve water for essential needs.

3. Record planted area, input costs, water needs and measured harvest.

4. Learn safe storage or preservation from tested recipes, rather than improvising canning methods.

Practice: Trial a small growing area before expanding.

Source references: https://www.ext.vt.edu/ | https://nchfp.uga.edu/

Shelter & household

G65 · Inspect a shelter before occupancy

CAUTION: Do not enter a damaged building, flooded area, gas leak or suspected electrical hazard.

1. Confirm that officials permit entry and that the building is structurally safe.

2. Check safe exits, working CO/smoke alarms, appropriate indoor heat and cooling, and accessible sanitation.

3. Verify drinking water, medical support and a way to leave if conditions worsen.

4. Record vulnerabilities and a confirmed backup shelter; never treat an RV as tornado protection.

Practice: Walk the evacuation route and verify alarms and fallback shelter.

Source references: https://www.ready.gov/ | https://www.ready.gov/plan | https://www.weather.gov/safety/tornado | https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center

G66 · Cold-weather camper preparation

CAUTION: Never use a cooking appliance, grill or outdoor heater to warm an enclosed camper.

1. Follow the RV manufacturer winterization guidance for tanks, plumbing and fittings.
2. Confirm approved heat, ventilation, battery capacity and safe CO/smoke alarms.
3. Keep safe drinking water separate from winterized plumbing and plan an alternate location if heat or access fails.
4. Monitor actual indoor conditions, especially overnight and for vulnerable household members.

Practice: Practice setup during safe conditions and keep a fallback shelter available.

Source references: https://www.nfpa.org/education-and-research/home-fire-safety/recreational-vehicles | https://www.weather.gov/safety/winter | https://www.cpsc.gov/Safety-Education/Safety-Education-Centers/Carbon-Monoxide-Information-Center

G92 · Temporary shelter selection

CAUTION: Do not occupy a damaged building or stay in an RV during severe wind or tornado warnings.

1. Verify permission, structural condition, official hazard status and access routes.
2. Assess safe water, sanitation, temperature control, ventilation and medical needs.
3. Identify exits, functioning alarms and a safe assembly point.
4. Record a confirmed alternative and leave before essential safety needs become uncertain.

Practice: Visit an approved fallback location and check access.

Source references: https://www.ready.gov/shelter

G93 · Household utility shutoff familiarization

CAUTION: Do not touch wet electrical equipment or attempt gas service restoration yourself.

1. Locate labeled utility shutoffs without operating them unnecessarily.
2. Ask providers how and when household members should safely use them.
3. If gas is suspected, evacuate without using switches and call from a safe location.
4. Print utility contact information and arrange qualified service after damage.

Practice: Have a qualified person explain your exact utility equipment.

Source references: https://www.ready.gov/safety-skills

G94 · Cold weather indoor monitoring

CAUTION: Never use a generator, charcoal or outdoor combustion appliance indoors. Relocate early when safe warmth cannot be maintained.

1. Use independent thermometers and functioning CO/smoke alarms.
2. Track the trend and check medically vulnerable people, children and pets frequently.
3. Reduce drafts without blocking required ventilation or combustion air.
4. Arrange a confirmed heated alternative before fuel or equipment runs short.

Practice: Make a safe fallback plan for a winter outage.

Source references: https://www.ready.gov/winter-weather

G95 · Hot weather cooling plan

CAUTION: Confusion, collapse or altered consciousness in heat can be an emergency. Seek urgent help.

1. Identify a reliable cooling location and transport before the outage.
2. Measure indoor temperature and check vulnerable people
3. avoid strenuous activity during heat.
4. Use safe drinking water and follow individual medical fluid advice.
5. Do not depend on fans alone in dangerous heat
6. relocate before the shelter is unsafe.

Practice: Find cooling alternatives and practice the travel plan.

Source references: https://www.ready.gov/heat

G96 · RV water and waste system continuity

CAUTION: Follow RV manuals and local dumping rules. Never use antifreeze not intended for potable-system winterization.

1. Record fresh, gray and black tank capacities and measured levels.
2. Identify permitted water refill and dump sites
3. protect potable hoses from waste equipment.
4. Plan water consumption and tank emptying without creating sanitation hazards.
5. Follow exact winterization and recommissioning instructions
6. check for leaks before use.

Practice: Record RV tank data and local service locations.

Source references: https://www.ready.gov/water

Communications

G67 · Family check-in message format

CAUTION: Do not broadcast private medical information, security details or precise home information unnecessarily.

1. Choose a primary and alternate method and set scheduled check-in windows.
2. Use a short format: sender, time, safe/not safe, general location if appropriate, need and next check-in.
3. Confirm receipt; if no response, follow the predetermined contact or reunification plan.
4. Respect radio licensing requirements and keep emergency channels clear.

Practice: Run a family communications drill without cellular service.

Source references: https://www.ready.gov/plan | https://www.fcc.gov/general-mobile-radio-service-gmrs | https://www.weather.gov/nwr/

G68 · Offline device and paper redundancy

CAUTION: Do not treat a single powered device as the only copy of emergency information.

1. Download regional offline maps and manuals before an outage.
2. Print contact numbers, meeting places, essential medication instructions and safe routes.
3. Keep copies on separate devices or drives and test opening them with internet disconnected.
4. Use power-saving settings where appropriate, and preserve an independent battery radio.

Practice: Run an airplane-mode drill and open all essential references.

Source references: https://www.ready.gov/plan | https://organicmaps.app/ | https://kiwix.org/

G69 · Verify information during outages

CAUTION: Unverified reports are not evacuation orders or proof that a route is safe.

1. Record the source, exact time and location of reported information.
2. Prefer local emergency management, weather radio and utility instructions.
3. Mark information as observed, official, reported or unknown.
4. Do not share rumors as facts; update the household plan when information is confirmed.

Practice: Practice logging and checking conflicting fictional reports.

Source references: https://www.ready.gov/alerts | https://www.weather.gov/nwr/ | https://www.ready.gov/plan

Medical continuity

G70 · Prepare medication and medical records

CAUTION: Do not change doses or stockpile controlled medicine outside prescribed rules.

1. Keep a dated list of medicines, allergies, providers, and clinician instructions in a secure accessible place.
2. Discuss legal emergency refill and storage options with the pharmacist.
3. Identify medications requiring temperature control and follow their exact instructions.
4. Arrange a care and transportation fallback if supplies or safe storage fail.

Practice: Ask your pharmacist how to maintain continuity during an outage.

Source references: https://www.fda.gov/drugs/emergency-preparedness-drugs | https://www.ready.gov/plan

G71 · Prepare and practice first-aid supplies

CAUTION: Seek emergency help when possible; a checklist does not replace hands-on training.

1. Build a kit appropriate for household members and activities.
2. Inventory gloves, dressings and supplies; replace damaged or expired items as applicable.
3. Take accredited first-aid and CPR training and refresh skills periodically.
4. Keep an emergency contact list and a plan for accessing medical care if phones fail.

Practice: Take hands-on training and inspect the kit every season.

Source references: https://www.redcross.org/take-a-class/first-aid/performing-first-aid | https://www.redcross.org/get-help/how-to-prepare-for-emergencies/hands-only-cpr.html | https://www.ready.gov/kit

G102 · Emergency care contact card

CAUTION: This is a record aid, not a diagnosis or treatment guide. Seek emergency help for urgent conditions.

1. Record emergency contacts, care providers, known allergies and current prescribed medication details.
2. Obtain provider-approved emergency instructions and copies of device manuals.
3. Carry an appropriate minimal copy with consent and protect sensitive information.
4. Review after each prescription or care change.

Practice: Check the card with the relevant healthcare provider.

Source references: https://www.ready.gov/disability

G103 · First-aid readiness drill

CAUTION: Hands-on training is necessary for effective emergency care; avoid practicing invasive procedures.

1. Inventory appropriate first-aid supplies, inspect seals and expiration dates.
2. Arrange certified first-aid, CPR and AED training
3. know the locations of AEDs.
4. Practice calling for help, describing the scene and safely retrieving equipment.
5. Document completed training and schedule refreshers.

Practice: Complete a recognized in-person course.

Source references: https://www.redcross.org/take-a-class

G104 · Accessible evacuation and mobility support

CAUTION: Do not improvise transfers that may injure someone. Use approved assistance and equipment.

1. Identify each person's accessibility, transportation and medical equipment needs.
2. Confirm accessible destinations, routes, transport and backup power with providers.
3. Document who will help and what to do if that person is unavailable.
4. Practice with the individual's consent and without compromising care.

Practice: Review the plan with household members and providers.

Source references: https://www.ready.gov/disability

G105 · Pet evacuation and supply audit

CAUTION: Do not leave animals in unsafe conditions or use human medication without veterinary guidance.

1. Record each pet's food, water, prescribed medicines and transport needs.
2. Keep leashes or carriers, identification and relevant veterinary records accessible.
3. Confirm pet-friendly destinations and emergency transport plans.
4. Plan for waste handling and daily care without assuming public shelters accept pets.

Practice: Practice loading carriers calmly.

Source references: https://www.ready.gov/pets