

# 7 Minute Safety Checklist

CREATE A LIST FOR EACH TYPE OF DISASTER

Hurricane | Flood | Fire | Blizzard | Tornado | Earthquake | Drought | Terrorism | Volcano | EM Pulse

ITEM	QUESTION	YES	NO	N/A
Body	Are you and your family safe from physical harm?			
	Do you have enough personal hygiene supplies available?			
	Do you have the right clothes/gear appropriate for the disaster type?			
Shelter	Is your home secure from break in?			
	Will you need to get to a bunker?			
	Will you need to evacuate?			
Water Supply	Is your water supply safe from being damaged or stolen, do you have enough?			
	Have you filled your bathtub, sinks and containers with potable water?			
	Do you have water that you can take with should you need to evacuate?			
Food Supply	Check your pantry, how many meals do you have on hand?			
	Is your food supply safe from being damaged stolen, do you have enough?			
	Do you have water that you can take with should you need to evacuate?			
Medicine	Do you have a supply of required prescription medicine on hand?			
	Do you have a well-stocked first aid kit readily available?			
	What kind of remedies will you need for the disaster type?			

**REMEMBER THE RULE OF 3'S THAT YOU CAN LIVE:**

3 minutes without air / 3 hours without shelter / 3 days without water / 3 weeks without food