



millennials  
for  
sustainability

# Emergency Preparedness, Rooted in Care

---

WRITTEN BY

Gen Y for Earth



# A practical guide for households, families, and communities to stay safe, connected, and grounded during emergencies.

---

## Why This Guide Exists

Emergencies don't wait for permission.

They don't ask if you're ready, rested, or resourced.



This guide exists to help everyday people prepare without panic, without excess, and without isolation.

We believe:

- Preparation is a form of care
- Community is the strongest safety net
- Calm saves lives

This plan is designed for:

- renters and homeowners
- urban and rural families
- working households
- elders, children, and those often overlooked

You do not need perfection.

You only need intention.



## Your First Line of Stability

Most emergencies disrupt services for **1–3 days**.

Your goal is simple:

Stay safe, hydrated, nourished, informed, and connected for 72 hours.

This window covers:

- power outages
- extreme weather
- short-term evacuations
- water or food disruptions

Preparedness reduces stress, fear, and dependency when systems pause.





# CORE EMERGENCY SUPPLY KIT

## Water

- 1 gallon per person, per day (3 days minimum)
- extra for babies, elders, pets

## Food (No Cooking Required)

- canned beans, tuna, chicken
- nut butters
- granola or protein bars
- dried fruit
- manual can opener

## Light & Power

- flashlight or lantern
- extra batteries
- power bank or solar charger (if available)

## Health & Hygiene

- prescriptions (3–7 day buffer)
- basic first aid
- wipes, soap, sanitizer
- feminine hygiene products
- diapers if needed

## Documents (Waterproofed)

- ID copies
- insurance
- medical info
- emergency contacts



# HOME READINESS

## Power Outages

- keep freezer stocked
- freeze water bottles
- know how to open garage doors manually

## Water Interruptions

- fill containers before storms
- keep unscented bleach for sanitation

## Fire & Smoke Safety

- working smoke detectors
- two exits per room
- shoes + flashlight near the bed

# FAMILY & HOUSEHOLD PLAN

## Every Household Should Know:

- meeting point if separated
- out-of-area contact
- medical needs and allergies
- who checks on elders, kids, or disabled members

 Write this down.  
Phones fail. Paper doesn't.

# COMMUNITY READINESS

## Survival Improves Together

Preparedness grows stronger when people coordinate.

Encourage:

- knowing at least 3 neighbors
- shared tools or generators
- wellness check-ins during heat or cold
- group chats for updates

**Community is infrastructure.**

# EMERGENCY GO-BAG

## Grab & Go Essentials

- water + snacks
- documents
- charger + power bank
- medications
- extra clothes
- cash (small bills)

Keep it:

- by the door
- in your car
- light and ready





# EMOTIONAL & MENTAL PREPAREDNESS

Emergencies affect the nervous system.

Grounding helps people think clearly.

## **Support Calm By:**

- slow breathing
- maintaining routines for kids
- familiar music or comfort items
- limiting panic-based media

Preparedness is emotional safety too.

# MAINTENANCE & CHECK-INS

Every 6 months:

- rotate food & water
- update documents
- test flashlights
- review plans

## **Tie updates to:**

- daylight savings
- seasonal shifts
- community check-ins



# EMOTIONAL & MENTAL PREPAREDNESS

Emergencies affect the nervous system.

Grounding helps people think clearly.

## **Support Calm By:**

- slow breathing
- maintaining routines for kids
- familiar music or comfort items
- limiting panic-based media

Preparedness is emotional safety too.

# MAINTENANCE & CHECK-INS

Every 6 months:

- rotate food & water
- update documents
- test flashlights
- review plans

## **Tie updates to:**

- daylight savings
- seasonal shifts
- community check-ins



# CPR • FIRST AID • AED

Immediate care saves lives

## WHY CPR, FIRST AID & AED MATTER

Emergencies don't always look dramatic.

Sometimes it's:

- a sudden collapse
- a choking child
- uncontrolled bleeding
- a heart that stops without warning

In those moments, help is not always minutes away — and what happens before emergency services arrive often determines survival.

Knowing CPR, First Aid, and how to use an AED:

- buys time
- prevents shock
- reduces long-term injury
- saves lives

Preparedness is not just supplies.  
It is skill, confidence, and action.

## CPR: CARDIOPULMONARY RESUSCITATION


When CPR Is Needed

CPR is used when a person:

- is unresponsive
- is not breathing normally
- has no pulse

## Hands-Only CPR (Adults & Teens)

1. Call 911 or direct someone else to call
2. Place hands in the center of the chest
3. Push hard and fast (100–120 beats per minute)
4. Allow full chest recoil
5. Continue until help or an AED arrives

 You cannot make the situation worse.  
Doing something is better than doing nothing.

## AED: AUTOMATED EXTERNAL DEFIBRILLATOR

An AED is a life-saving device that can restart the heart during sudden cardiac arrest.

### Key Facts

- AEDs talk you through every step
- They will not shock unless needed
- Anyone can use one — no medical background required

### Basic AED Steps

1. Turn the AED on
2. Expose the chest
3. Apply pads as shown
4. Follow voice prompts
5. Resume CPR when directed

### Common AED Locations

- schools
- gyms
- community centers
- workplaces
- apartment complexes

Knowing where the nearest AED is = preparedness.

## FIRST AID: STABILIZE UNTIL HELP ARRIVES

First Aid reduces injury severity and prevents complications.

### Priority First Aid Situations

- severe bleeding
- burns
- choking
- allergic reactions
- fractures or falls
- heat or cold emergencies

### Bleeding Control (Critical Skill)

- apply firm pressure
- use clean cloth or bandage
- elevate if possible
- do not remove deeply embedded objects

### Choking (Adults & Children)

- ask: "Are you choking?"
- perform abdominal thrusts if unable to breathe
- call emergency services immediately


PREPAREDNESS IS THE ABILITY TO PROTECT LIFE —  
CALMLY, CONFIDENTLY, AND COLLECTIVELY.






A FINAL WORD

“



PREPAREDNESS IS NOT FEAR.  
IT IS LOVE WITH FORESIGHT.  
IT IS COMMUNITY IN MOTION.  
IT IS CHOOSING CARE BEFORE  
CRISIS.



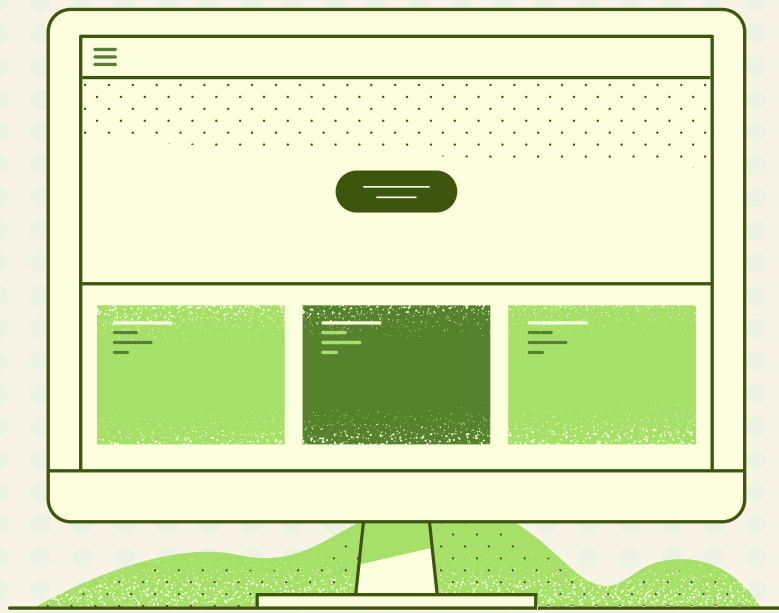
WHEN SYSTEMS PAUSE, PEOPLE  
DON'T HAVE TO.  
WE PREPARE TOGETHER.

---



NEED MORE INSIGHT?

# Subscribe to our weekly newsletter!



Join our mailing list to receive the latest  
information about beauty news updates  
and exclusive offers every week!

[SIGN UP NOW](#)



GENYFOREARTH.ORG

