

Natural disaster essay sample

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The forces of nature can be brutal and natural disasters are unpredictable and can occur anytime or anywhere without notice. Having a disaster readiness plan is crucial. The three things you should take with you in case of a catastrophe or natural disaster is a first aid kit, water and food.

When preparing your first aid kit, consider the needs of the each member of your family, especially their medical needs. You should have enough medication if necessary for one week, some other medical items you will want to include are absorbent compress dressings, antibiotic ointment, hearing aids with extra batteries, glasses, contact lenses, syringes, antiseptic, and tweezers. Check the kit regularly and keep it where it is easily accessible.

Water is one of the most important items that you must have in the event there is a natural disaster. Secure a three days' supply of water for each member of your family and should be kept in an easy to carry container. You should also keep water in your car and your place of work. Water purifier tablets are also essential when preparing for a disaster.

When there is a natural disaster, there may be power outages that could last for several hours. Have several canned foods, dry mixes and other staples that do not require refrigeration, cooking. Be sure to include a manual can opener and eating utensils. Have each family member pick their favorite canned foods and personal items and add them to the kit. Store at least a three-day supply of non-perishable food.

Disaster preparedness is essential in the event of a natural disaster or a catastrophe, and can aid in making life a little easier during that difficult

period. Be sure to have a survival plan with your family. You all may not be together, so it is important to plan in advance. Have a meeting place and how to get there how and what you will do in different situations. .