

“Don’t Wait. Communicate. Make Your Emergency Plan Today.” F.E.M.A.

September is NATIONAL PREPAREDNESS MONTH (PREP-tember)

In honor of National Preparedness Month, BulletBlocker will be releasing a comprehensive guide each week of September with information on how to stay prepared and be safe in the event of a disaster. Each week of the month will focus on a specific theme with included tips and recommended products to keep you prepared. September, or “Preptember,” is the best time of year to discover emergency preparedness strategies, innovative maintenance tips, and recommendations for mastering the prepping process. Prepping can seem daunting or overwhelming at first, but our weekly guides will ensure that the information is manageable and effective even for those new to the process.

Preptember Week Four: How to Practice for an Emergency

Throughout the month of September, we have provided tips for preparing emergency plans, reconnecting with family after a disaster, and making emergency supply kits. This final week focuses on consolidating that information and refining your acquired knowledge of emergency preparedness. The fourth week of National Preparedness Month emphasizes the importance of practicing for an emergency. Practicing is one of the best ways to prepare for a disaster. As disasters are unpredictable and can occur at any time, it is important to have an effective and well-practiced plan in your household, workplace, and community. Practicing regularly can prevent added distress in the event of an emergency, and ensures that everyone is informed and aware.

Developing an effective emergency plan within your household, workplace, and community is just as important as practicing it. Hosting a drill, preparedness discussion, or activity within your community is a great way to bring individuals together to make and practice a plan of action. From there, you can discuss community evacuation routes and shelter plan locations for specific disasters. During the meeting, it is important to develop a communication and re-unification strategy so that individuals can maintain contact and take the best actions upon separation. Familiarize yourselves with alternate routes and other means of transportation out of your area, and identify several other places to go in the event of an emergency.

Within your household and workplace, lead thorough discussions that encourage questions, and run through emergency drills every few months. Ensure that every individual is aware of the procedures to follow, and the evacuation routes and meeting places in case of an emergency.

Another easy way to stay prepared is by following local officials like police, fire, and emergency managers on social media for updates. You could also sign up for emergency alerts through the Integrated Public Alert and Warning system (IPAWS). This system allows alert and warning officials to quickly inform the public about serious emergencies and disasters. Wireless Emergency Alerts (WEA) are a service that enhance public safety. You can learn more or sign up for the alerts [here](#).

As the end of another National Preparedness Month approaches, stay safe and be prepared. The best way to prepare for any emergency is to practice regularly, stay informed, and be equipped with adequate supplies and resources in your household,

workplace, and community. Being proactive in emergency preparation could save your life!

Preptember Week Three: How to Build an Emergency Kit

We are nearly halfway through September, and this third week of National Preparedness Month will focus on strategies for building successful emergency supply kits. Assembling and storing a basic emergency supply kit and a hazard-specific supply kit is essential to ensure preparedness in the event of any disaster. Depending on the nature of the disaster, necessary resources and care may not be readily available, as stores will likely shut down, and medical services and personnel may be unpredictable. This can devastate individuals and communities alike, leaving thousands without adequate food, water, medicine, electricity, and other basic necessities. Keeping emergency supply kits on hand is a proactive way to ensure preparedness for any type of disaster.

Building a kit is one of the easiest ways to take action in preparing for an emergency. FEMA—the Federal Emergency Management Agency—released an easy-to-follow [Emergency Supply List](#) with an inventory of recommended items to include in a kit. Some basic disaster supplies include: food, water, clothing, batteries, flashlights, a first aid kit, a whistle, pet food, cash, and a radio. The amount of water you should include varies, but a general rule of thumb is that you should have one gallon of water per person per day for at least three days. Additionally, there should be at least a three-day supply of non-perishable food for each person and pet. Other important emergency supplies include prescription and non-prescription medications, personal hygiene products, blankets, matches, important documents, and sources of entertainment. Additional considerations should be taken in households with individuals who are elderly, disabled, or require special care.

After assembling your kit, it is important to maintain it so that it can be ready immediately in the event of an emergency. Storing supplies in airtight plastic bags enclosed within a large duffel bag or backpack is essential for maintaining the kit's integrity. It is important to replace expired items as necessary, and update the kit as your family's needs change. Because disaster can occur anywhere at any time, it is a good idea to prepare supplies for your home, workplace, and vehicle. In your home, the kit should be kept in a designated location that every member of the household has access to.

At BulletBlocker, we feature a variety of backpacks that will meet the needs for a basic supply kit. Our Guardian and Everyday backpacks both offer NIJ IIIA Bulletproof protection and have the storage space available to create an efficient emergency supply kit for the workplace, household, or vehicle. Additionally, our NIJ IIIA Bulletproof Survival Pack and Safety Kit is a great option for an emergency supply kit. The backpack has both a well-stocked first aid kit and a basic survival supplies kit with a 5-year guaranteed shelf life. The first-aid kit contains enough supplies for 25 people, and includes bandages, gauze dressing pads, antiseptic towelettes, cold compresses, and gloves, among other essentials. The basic survival supply kit includes water, blankets, a flashlight, crank radio, a whistle, tools, and tissues, among others.

Keeping an emergency supply kit on hand is an easy and effective way to ensure preparedness for any type of disaster. As you go throughout this week, take action to

prepare by developing and finalizing your emergency supply kit for your workplace, home, and vehicle.

Preptember Week Two: Plan to Help your Neighbor and Community

Preptember is now in full swing, and preppers across the nation are refining and practicing their emergency preparedness strategies. The second week of National Preparedness Month focuses on planning to help your neighbor and community in the event of an emergency. Many people turn to their neighbors or surrounding community after an emergency occurs because emergency responders and public services are not always nearby or readily available. While local governments and disaster-relief organizations can help in the event of an emergency, they are not always able to provide immediate assistance to those who need it most. For this reason, it is imperative that individuals are prepared for disaster to strike, equipped with knowledge on how to respond to natural and man-made disasters alike in their own household and surrounding community.

Learning skills to help yourself and others until help can arrive is an asset and advantage in the event of a disaster. Taking a local CPR/First Aid training course is an inexpensive way to ensure that you are prepared. These classes teach basic life support and practical skills that can be utilized while waiting for external support. Volunteering to help local emergency responders is another great way to get involved in your community and better prepare yourself for emergency situations.

Unfortunately, most people are not as prepared for disaster as they may think they are. [Research](#) shows that 40% of people do not have emergency household plans, 80% have not conducted home evacuation drills, and about 60% do not know their community's evacuation route. Many individuals rely on their neighbors following an emergency, especially the frail, elderly, and disabled, so additional considerations should be taken for individuals requiring special care. Organizing and facilitating community meetings among your school, workplace, faith-based organizations, and neighborhood is the best way to ensure that all members are prepared and equipped with knowledge on how to respond to various emergencies. FEMA—or the Federal Emergency Management Agency—released a [Community Preparedness Handbook](#) with simple activities and preparedness topics to discuss and use to bring awareness towards emergency preparation. The guide focuses on hazard-reduction and specialized preparedness strategies to implement within communities.

At BulletBlocker, we offer a variety of school and workplace safety solutions that can be utilized throughout the whole community. These include the [NIJ IIIA Bulletproof Safety](#)



[Seat—](#) a portable and lightweight anti-ballistic shield disguised as a seat cushion that can be used at school, work, or local organizations. Our [NIJ IIIA Bulletproof backpack](#)



[panel inserts](#) are another inexpensive and discrete way to keep the whole

community prepared. The panels are lightweight and come in different sizes that can be individualized to different backpack dimensions.

Community safety and personal preparedness are vital to the overall preparedness of the nation, and its ability to withstand and recover from disasters, attacks, and emergencies. The needs of all people can be met when communities come together to respond and help recover from these emergencies.

Preptember Week One: Reconnecting with Family after a Disaster Strikes

To start the month off, the theme of Week One is reconnecting with family and friends after a disaster. Unfortunately, natural or man-made disasters can strike anywhere, at any time. It is imperative now more than ever to take action to prepare for these disasters by starting with the basics: making an emergency plan. After a disaster strikes, communication with loved ones is crucial to assess any potential repercussions. A good plan will address these four key questions:

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my family/household communication plan?

As you prepare your plan, it is important to consider specific needs in your household, and tailor supplies to individual requirements. Some factors to keep in mind may include, personal and family safety, dietary restrictions, medical necessities, physical disabilities, and pets. Ready.gov has created a [Family Emergency Communication Plan](#) handbook that can be downloaded and filled in, or used as an outline to create your own. The handbook includes spaces to input emergency contacts, meeting places, evacuation routes, emergency health and safety services, and essential phone numbers. After you collect the necessary information, the next step is to share and practice your plan with all members of your family and household. The best thing to do is to ensure that everyone carries a copy in their backpack or wallet at all times. The plan could also be posted in a central location of the home to make it accessible and familiar. Additionally, maintaining regular household meetings to review and practice the emergency plan is imperative for preparedness and success.

At BulletBlocker, we feature a variety of products that can be used in the event of a disaster or emergency. Our bulletproof [Tactical Organizer](#) is a great place to store your emergency plan and additional necessary documents and supplies. The NIJ IIIA Bulletproof organizer is waterproof and lightweight, with six separate storage compartments. Additionally, our [Defender Notebook Folio](#) is a great option for retaining emergency plans and documents, with ample pockets for storage and supplies, both of these products will also act as a ballistic shield if it becomes necessary to protect yourself or your family. Our NIJ IIIA Bulletproof [Tactical Backpack](#) is an ideal choice for your bug-out-bag or when you are seeking a safe place for their emergency supplies and tools that also will aid you in defending your friends or family . This backpack features multiple storage compartments, mesh pockets, and thickly padded straps, and is large enough to store essential supplies for the whole family.

As September begins, we look forward to a great month of bringing awareness towards National Preparedness and safety. As you go throughout this week, take action to prepare by developing and finalizing your emergency plan for your family and loved ones. You may not have any communication devices in an emergency so having a written & practiced plan that all of the members of your family know is a key to preparedness. Stay safe & be prepared.

****Next week - Planning to help your neighbor and community.***