Preparedness Goals 2020

Rockford Illinois First Ward

Time Frame: Every 6 months at General Conference time:

We have suggested you do this since Oct 2018, or for the last 3 General Conferences so, ideally, you should have at least 4 months of food storage in your home going into this April GC.

1 – Acquire 1 month of food storage, or as much as you can.

2 - Acquire 2 weeks of water storage, 1 gallon per person.

3 – Review your emergency plan, including communication plans to maintain contact while away from home.

4 – Review your inventory of cleaning and sanitation items, consumable paper products, soap and sanitizer. Buy a fresh bottle of bleach.

5 – Inventory and update a bug-out-bag for each member of your family and pet, sufficient for 3 days away from home.

6 – Review first aid skills and inventory first aid kits.

7 – Review CPR skills and mask inventory.

For assistance, contact your ministering siblings.

March 2020

Revised April 2023

1 – Food storage. Acquire 1 month of food storage, or as much as you can.

This gives us 6 months or 26 weeks to acquire some food storage or replace 1 month of our existing food storage by rotation.

2 – Rotate your existing 2 weeks of water storage (1 gallon per person per day for 14 days).

3 – Review your emergency plan.

Examples include escaping your home in event of a fire, leaving your neighborhood in event of an emergency such as flood, chemical spill, tornado, etc. Identify where to go to meet up with your family members. Review communication plans to maintain contact. - PRACTICE – PRACTICE - PRACTICE

4 – Review your inventory of cleaning and sanitation items, consumable paper products, soap and sanitizer. Buy a fresh bottle of bleach.

5 – Inventory and update a bug-out-bag for each member and pet of your family. Food, water and necessary supplies to take with you in an evacuation to keep you alive for 3 days.

6 – Review first aid skills. Review your first aid kit contents. How to treat burns, cuts and scrapes, splint broken bones, immobilize sprains, etc.

7 – Review CPR skills and cpr mask inventory. How to provide and maintain the basic life support skills of Airway, Breathing and Circulation assistance and monitoring.