

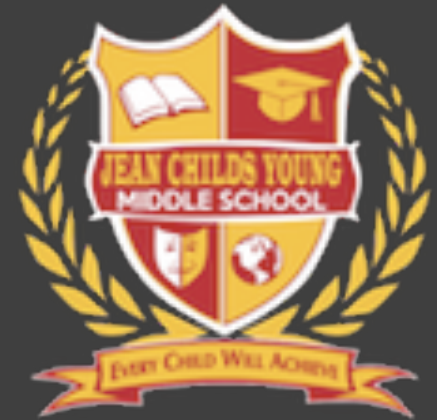
# Preparedness PREPPING

APD Zone 4  
Captain Cantin

BENJAMIN E. MAYS HS



EMC<sup>2</sup>  
Embracing Mays Community  
and Cluster Schools



# Why Prepare?

## **ELECTION DAY**

Tuesday, November 3

## **EARLY VOTING PERIOD**

Monday, October 12 to  
Friday, October 30

Absentee ballots must  
arrive at the county election  
office by Election Day

## **PRESIDENTIAL INAGURATION**

Wednesday, January 20



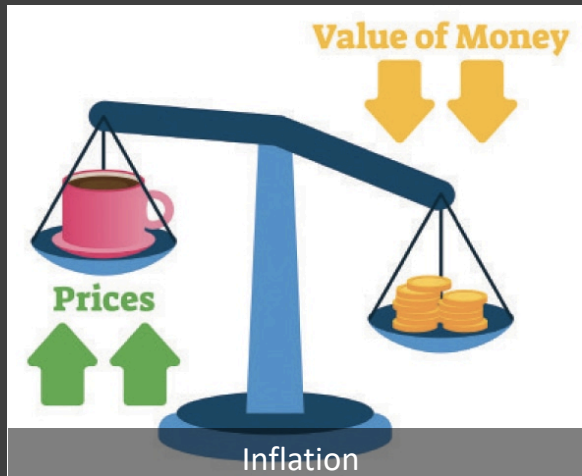
Civil Unrest



Natural Disasters



Food & Supply Shortages



# Prepping Categories

**Security:** Conceal carry, dogs, lighting, bars, important documents, low/trimmed shrubs, nightsticks/batons

**Community:** Security detail, skill sets of neighbors, a plan

**Food:** Gardening, Seeds, pet food, fishing, traps, food stockpile. Plan your food supply for 2 weeks then 4 weeks then 2 months +

**Water:** Minimum 1 gallon per day per person, Filters – a way to clean water, Bathtub as a water reservoir/waterbob

**Energy:** Generators, fireplaces, candles, lanterns, flashlights, batteries, cell phone power banks, grills, charcoal

**Barter ability:** Alcohol/spirits, extra preps,

**Wealth Preservation:** Cash on hand, silver, gold, other precious metals

**Shelter:** Passports, another location/bug out, paper maps, 3 months of medication





# SECURITY



Window lock



Wood window sash  
security pin



1 x1 wood dowel  
for window jam



Door knob  
jammer &  
sliding patio



Wireless door  
stop alarm



Invisible burglar  
bars



Security camera  
systems



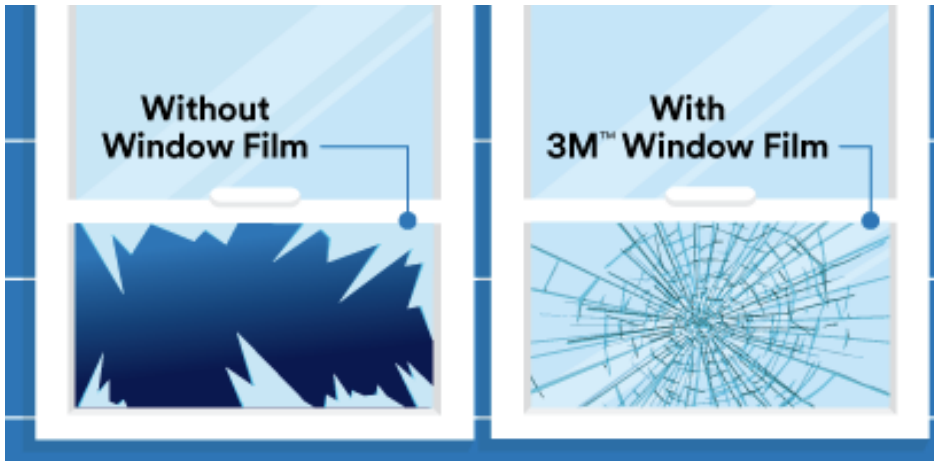
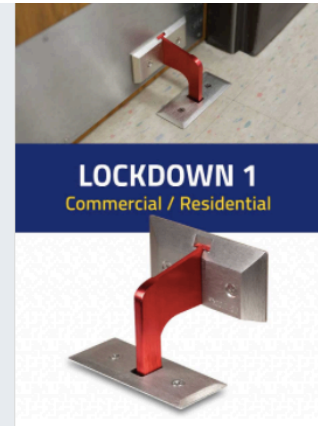
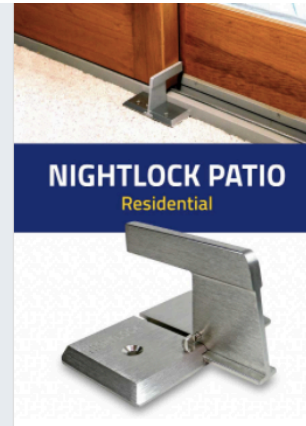
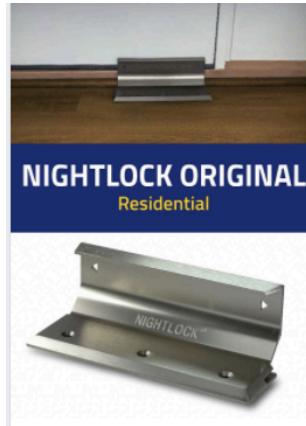
# SECURITY



Lighting:  
motion sensor &  
dusk-to-dawn



Wireless  
driveway  
alarm



8MM is the best



Unbreakable glass security doors



**What is suspicious behavior?**

**When should it be reported?**

# How to Deter Crime - BEST Practices

## 3 crime factors

**D** (desire)

**O**(opportunity)

**A** (availability)

Then V is for victim if you give them DOA

- House # is visible from all directions
- USPS – Identity theft deterrent
- Change your routine
- Lights on timers in different rooms
- Go home different ways
- Commercial locks are best
- Have an alarm in the attic or outside so neighbors can hear

## Complete Residential Security Survey

**1<sup>st</sup> step** - Residential Security Survey should be completed by the homeowner first. Directs you on what to look for that could put you at risk.

**2<sup>nd</sup> step** – invite inspector to check behind you.

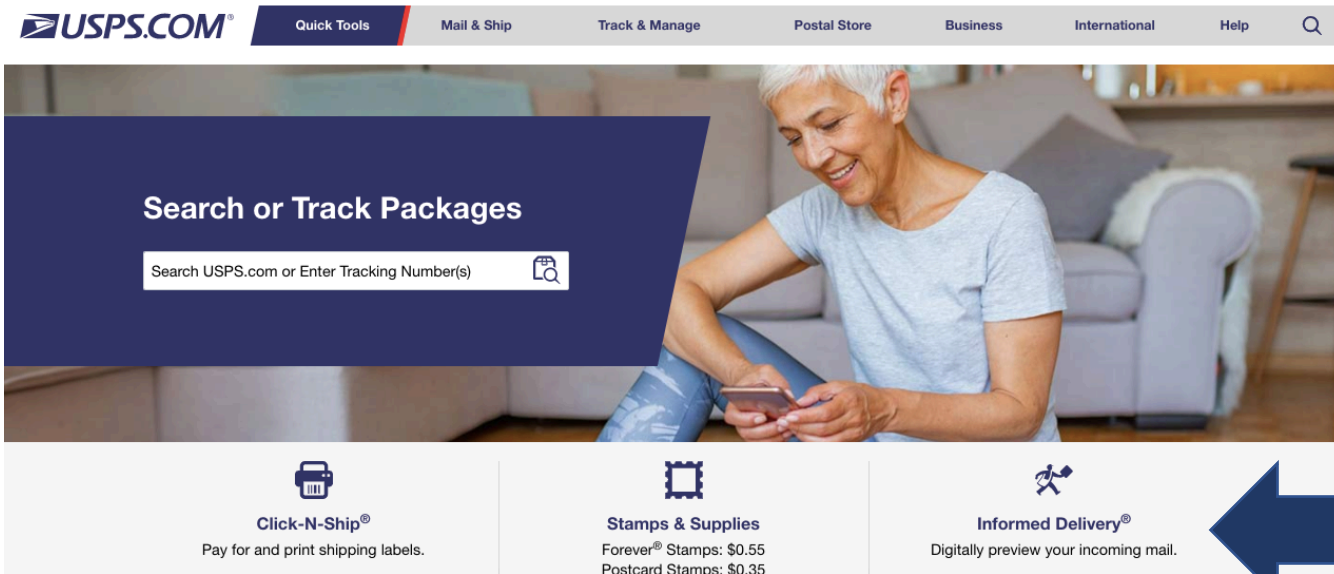
If I see something,  
who do I notify?

When should street  
captains be notified?





# USPS – Informed Delivery




Go to USPS  
Homepage

1

Select


2

3  
Follow  
Prompts



### 1. Create Your Account


Use your personal *USPS.com*® account or sign up for one today.



### 2. Verify Your Identity

Protect your privacy and personal information by verifying your identity and address.

[Sign Up for Free](#)



### 3. Receive Notifications

View notifications from any smartphone, tablet, or computer.

## Personal Security

	Yes	No
28. Do you ask trusted neighbors to watch your house if you are going to be gone over night?		
29. Do you use automatic timers on lights, and radios in your house?		
30. Does your house appear that someone is home at all times?		
31. Do you ask a trusted neighbor to pick up newspapers, mail and other deliveries when you are going to be gone for an extended period of time?		
32. Do you ask your neighbors to maintain your lawn or remove snow when gone for an extended period of time?		
33. Do you request your Neighborhood Watch Block Captain and/or Zone Precinct to do a routine check on your house when you're going out of town?		
34. Have you recorded the make, model and serial numbers of all your valuables?		
35. Have you photographed items such as jewelry, china and crystal for identification purposes?		
36. Do you record and keep in a secure place all your credit card and ATM numbers, together with phone numbers to cancel them should they get lost or stolen?		
37. Do you take precautions when entering Personal Identification Number into an ATM machine?		
38. Have you removed all identification tags from your key ring?		
39. Do you always lock your car while driving and when you get out?		
40. Do you have a working flash light or other emergency tools in your car?		
41. Do you look in your car, especially the back seat, before you get in?		
42. Do you put all packages in the trunk instead of the back seat?		
43. Do you turn your bell tone volume down, or off, on your telephone when you are away.		
44. Since you moved in, have you had all your door locks rekeyed or replaced?		

# SECURITY



**DID YOU KNOW?**

Georgia is a Stand your ground/Castle Doctrine state

When is it legal and illegal to brandish your gun?

Guns, Shotguns and Rifles – collateral damage from bullets

Gun safety 101

Dos and Don'ts of conceal carry & open carry

When are they legal and illegal?

Batons/nightsticks, fixed blade knives, switchblades, machetes, etc.





# COMMUNITY

- A plan
- Neighborhood watch
- Neighbor skill sets
- Security detail



# FOOD & OTHER PREPS



Generator



3



3



Breathing  
Tool/  
spirometer



3 months  
supply of  
all  
medications



2

<https://acfb.org/>  
call (678) 553-5917  
email [benefits@acfb.org](mailto:benefits@acfb.org)

## FREE FOOD & OTHER FREE PREPS



United Way of Metro Atlanta  
<http://211online.unitedwayatlanta.org/>  
or call 2-1-1

Food, toothbrushes,  
toothpaste, laundry  
detergent, body soap,  
feminine products,  
toilet tissue, paper  
towels, and more



1



<https://acfb.org/>

2

# Find a Pantry Near You

Local Impact Map

3

## LOCAL IMPACT MAP

Share +

4

< Food Bank Partner Agencies - open to the public

Information

Directions

Approximate Distance: 3.55 mi

Southwest Ecumenical Emergency Assistance - Food Bank Partner Agencies open to the public

1040 Ralph David Abernathy Blvd SW  
Atlanta, GA 30310  
(404) 756-1699

Notes: . For more information, contact the agency by phone.

Monday: 9am - 1pm  
Tuesday:  
Wednesday: 9am - 1pm  
Thursday: 9am - 1pm  
Friday:  
Saturday:  
Sunday:

# Additional Free Food Pantries

**FREE Meat Distribution**

**Antioch Baptist Church North**

540 Cameron Madison Alexander Blvd NW, Atlanta, GA 30318

EVERY Mon-Sat ; 9AM-1PM

**Free Fresh Vegetables and Fruit every Wednesday**

**Hillside International Truth Center, Inc.**

2450 Cascade Rd. SW, Atlanta, GA 30311

1PM-4PM ; (404) 758-6811

[info@hillsidechapel.org](mailto:info@hillsidechapel.org) ; [www.HillsideInternational.org](http://www.HillsideInternational.org)

Nothing required - just drive up and be blessed! This is part of the USDA "Farmers to Families" program "to ensure that all Americans have access to the fresh and wholesome food they need during the COVID-19 national emergency." ALL ARE WELCOMED!

**Elizabeth Baptist Church**

Saturdays, 9am 'til Noon

Pantry Locations:

Atlanta, Conyers, Douglasville

Call 404-505-7471 to register

## Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit & Medical Trauma Kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps



Through its *Ready Campaign*, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. *Ready* asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready 



Federal Emergency Management Agency  
Washington, DC 20472





### Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children



# Ready

Prepare. Plan. Stay Informed.®



## Emergency Supply List



# FEMA

[www.ready.gov](http://www.ready.gov)

# Sample Prep List (pick up extra with each visit to the store)

## Food

- ☐ Spices and Seasonings
- ☐ Canned protein (tuna, salmon, chicken, spam, etc.)
- ☐ Canned vegetables and beans
- ☐ Yeast, baking soda, baking powder
- ☐ Flour, corn meal, corn starch,
- ☐ Oatmeal, grits, cream of wheat
- ☐ Honey, molasses, maple syrup, sugar, brown sugar
- ☐ Long shelf life – milk, eggs, butter, cheese, potatoes
- ☐ Dry beans (pinto, navy, black, black eyed, lima, northern, etc.)
- ☐ Rice, pasta
- ☐ Canned fruit
- ☐ Drinks, coffee, tea, pineapple juice, etc.
- ☐ Long shelf life snacks, popcorn
- ☐ Vinegar
- ☐ Canned soup
- ☐ Chicken and vegetable bouillon
- ☐ Tomato sauce, Rotel
- ☐ Condiments
- ☐ Frozen meat and vegetables
- ☐ Pet food

## Security

- ☐ Windows
- ☐ Doors
- ☐ Lighting
- ☐ Security cameras/systems
- ☐ Fireproof/waterproof safe

## First aid kit for boo boos

- ☐ medical adhesive tape, bandages, tincture of benzoin, Neosporin ointment, cortisone ointment, etc.

## Trauma Kit

- ☐ Tourniquet
- ☐ Burn gel
- ☐ Sterile wound packing gauze
- ☐ Shears
- ☐ Splint

## Basics

- ☐ OTC medicine, tea, coffee
- ☐ Trash bags, freezer bags
- ☐ Feminine hygiene products
- ☐ Deep freezer
- ☐ Gardening supplies (seeds, etc.)
- ☐ Deodorant
- ☐ Toothpaste and Toothbrushes
- ☐ Lotion, lip balm
- ☐ Soap
- ☐ Laundry detergent
- ☐ Dish detergent
- ☐ Alcohol
- ☐ Cotton swabs, cotton balls
- ☐ Charcoal
- ☐ Paper goods, aluminum foil, plastic wrap
- ☐ Cleaning supplies – bleach, Borax,
- ☐ Candles, flashlights, matches
- ☐ Batteries, walkie talkies
- ☐ Light bulbs
- ☐ Cable ties, duct tape, paracord, tarps
- ☐ Water filter system, water jugs, rain barrel
- ☐ Manual can opener
- ☐ Bug spray
- ☐ Fire extinguishers
- ☐ Generator
- ☐ PPE (masks, gloves, etc.)
- ☐ Breathing tool
- ☐ Sewing kit, cloth, patches, socks