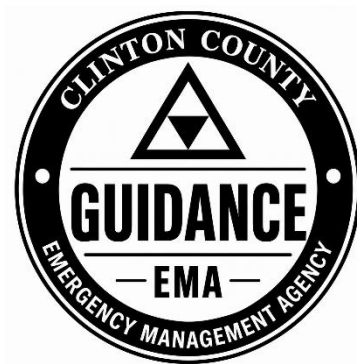




EMERGENCY OPERATIONS PLAN

10.10.2: EMA GUIDANCE DOCUMENT

Household Preparedness: 7-Day Basic

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Prepared by: **Clinton County Emergency Management Agency**

Purpose: Provide Clinton County households with practical guidance for expanding the 3-Day Baseline into approximately seven days of household capability through deeper supplies, backup methods, shared responsibilities, basic power production, planned relocation, and improved household self-sufficiency.

CITIZEN BRIEFING

10.10.2: HOUSEHOLD PREPAREDNESS: 7-DAY BASIC

Clinton County EMA Guidance Document

What 7-Day Preparedness Is

The 7-Day Basic level builds on the 3-Day Baseline. Preparedness now becomes a household capability. Supplies are deeper, important systems have backup options, household members have assigned responsibilities, and the household can replenish some critical resources or relocate when staying home stops making sense. Do not prepare for one disaster. Prepare for what the disaster may take away.

Why This Matters to Households

A several-day disruption can affect medication, sanitation, fuel, communications, refrigeration, transportation, household temperature, money, work schedules, pets, and other daily needs.

The longer normal services are unavailable, the more important organization, conservation, backup methods, and household teamwork become.

Key Takeaways

- Maintain all PRIMARY capabilities from the 3-Day Baseline.
- Build toward seven days of food, medication, water, and other critical supplies.
- Develop 14 gallons per person of water capability, preferably stored as safe drinking water.
- Have a practical way to produce or replenish essential electrical power.
- Give capable household members Primary and Secondary Tasks.
- Treat approximately half a tank of vehicle fuel as the point to refuel.
- Have local radio communications, know your neighbors, and plan for sanitation failures.
- Maintain Grab-and-Go Bags and at least one prearranged relocation location.
- Build approximately one week of accessible financial capability over time.
- Test the plan for 24 hours.

What Households Need to Know

A 7-Day prepared household should be able to answer:

- Can we maintain our basic capabilities for approximately one week?
- Who is responsible for each important household task?
- How will we replenish water, power, food, medication, fuel, and other consumables?
- Can we safely cook, communicate, maintain hygiene, and manage waste?
- How long can our critical electrical and medical systems operate?
- Can we leave quickly, and where will we go if staying becomes unsafe?
- Can the household function if the person who normally runs the plan is away?
- What will we do when our first backup reaches its limit?

7-Day preparedness is not simply more supplies. It is greater depth, more options, and shared responsibility.

CAN YOUR HOUSEHOLD MAKE IT 7 DAYS?

Use this quick checklist to identify the most important gaps in your household preparedness. The 7-Day Basic level builds on the 3-Day Baseline. You are not simply storing more supplies. You are adding depth, backup options, shared responsibilities, and the ability to keep important household capabilities working for approximately one week.

- ☐ **Maintain the 3-Day Baseline:** We can maintain the PRIMARY capabilities identified in the 3-Day Baseline, including emergency warnings, immediate protection, basic food and water, medical needs, lighting, transportation, sanitation, and household safety.
- ☐ **Food & Cooking:** We have approximately seven days of food our household normally eats and a safe way to prepare planned meals without depending entirely on normal household electricity.
- ☐ **Water:** We have approximately 14 gallons of water capability per person for seven days and know how we would obtain, access, transport, treat, or store additional water if needed.
- ☐ **Medications & Medical Needs:** We are working toward approximately seven days of critical medications and medical supplies when reasonably possible, and we know what happens if a pharmacy, medical provider, refrigeration, power, or other medical support becomes unavailable.
- ☐ **Power:** We know which household needs truly require electricity and have a practical way to produce or replenish enough power to support those critical needs.
- ☐ **Household Responsibilities:** Capable household members have Primary and Secondary Tasks, and more than one person understands the important parts of the household plan.
- ☐ **Organized Supplies:** Water, food, cooking, power, medical, communications, sanitation, tools, pet, vehicle, and relocation supplies can be quickly located by the people who may need them.
- ☐ **Communications:** We maintain more than one way to receive emergency information, have practical short-range radio capability, and know how we will communicate locally if cellular or internet service becomes unreliable.
- ☐ **Transportation & Fuel:** We have a realistic transportation plan, useful basic vehicle equipment, and normally treat approximately half a tank of fuel as the point to refuel.
- ☐ **Rapid Relocation:** We have at least one prearranged place we could go, and household members who can reasonably manage one have Grab-and-Go Bags ready for approximately three days away from home.
- ☐ **Pets:** We have approximately seven days of food, water, medication, and basic supplies for our pets, know how they will travel, and have identified someone who could help care for them if needed.
- ☐ **Sanitation & Waste:** We have a practical backup if the normal toilet cannot be used and enough basic supplies to maintain hand cleaning, personal hygiene, and safe household waste management for approximately one week.
- ☐ **Money & Important Information:** We are building toward approximately one week of accessible normal household expenses and can quickly take important identification, insurance, medical, pet, property, and other essential information with us.
- ☐ **Neighbors & Backup Help:** We know at least some of the people around us, have a practical way to contact trusted neighbors, and know who may realistically be able to help if our household needs assistance.
- ☐ **Know Your Clock — Know What Comes Next:** We know which food, water, medication, fuel, power, sanitation, pet, medical, or other critical capability is likely to reach its limit first, and we have considered the backup, resupply, conservation, or relocation option that comes next.

- ☐ **Test the Plan:** We have completed—or scheduled—a 24-hour home preparedness test to practice household responsibilities, cooking, communications, lighting, power, and other backup capabilities before we actually need them.

Cannot check every box yet? Maintain the 3-Day Baseline first. Then work on the 7-Day gaps that could affect health and safety, followed by the capabilities most likely to fail first in your household. Work through the full 7-Day Basic Guidance and detailed Punch List to build the rest.

Seven-day preparedness is not simply more supplies. It is greater depth, more options, and shared responsibility.

Contents

CAN YOUR HOUSEHOLD MAKE IT 7 DAYS?	3
I. PROTECT YOURSELF FIRST	10
Protect First. Then Protect Your Capability	10
2. BEFORE YOU START – MAINTAIN THE 3-DAY BASELINE	10
3. THE 7-DAY BASIC LEVEL	11
4. PREPAREDNESS IS A HOUSEHOLD CAPABILITY	11
5. KNOW YOUR CLOCK	11
6. KNOW WHAT COMES NEXT	12
7. ORGANIZE YOUR PREPAREDNESS SYSTEM	12
8. HOUSEHOLD RESPONSIBILITIES	13
Know Who Takes Over	14
One-Person Households	14
9. COMMUNITY LIFELINES	14
10. SAFETY & SECURITY	15
What Could Be Lost	15
Capability You Need	15
Light Is a Security Capability	15
Task Light	15
Area / Work Light	15
Flood / Security Light	15
Spot / Search Light	15
Standardize Power Where Practical	15
Interoperability is a capability.	16
Solar Lighting	16
Property Security	16
Backup / Next Option	16
11. FOOD, HYDRATION & SHELTER	17
What Could Be Lost	17

Capability You Need	17
Build a Deeper Pantry	17
Build a deeper pantry.....	17
Seven-Day Food Capability.....	17
Cooking Capability.....	18
Warm Food and Morale	18
Continue 3-Day Food Safety	18
Your Home Still Has a Habitability Clock	19
Cold Weather	19
Warm Weather	19
When to Change Course	20
12. HEALTH & MEDICAL.....	20
What Could Be Lost.....	20
Capability You Need	20
Medication Depth	20
Medication Rotation.....	20
Refrigerated Medication.....	21
Medical Equipment	21
Know Your Medical Clock	21
Backup / Next Option	21
13. WATER	21
Capability You Need	21
Stored Water Is Still Best.....	22
Water Processing Capability	22
Know the Water Already in the Home.....	22
Transportation and Storage.....	23
Conserve Drinking Water	23
14. ENERGY	23
What Could Be Lost.....	23
Capability You Need	23
Identify Critical Loads	24

Generate, Store, Extend	24
Detached Homes	24
Apartments and Condominiums	24
Generator Selection	25
Know the Recharge Clock	25
Standardize Power	25
Manual Tools Save Power	25
Solar Lights	25
15. COMMUNICATIONS	26
Capability You Need	26
Local Radio Capability	26
Household and Neighbor Communications	26
Protect Phone Power	27
Backup / Next Option	27
16. TRANSPORTATION	27
Half a Tank is Empty	27
Fuel as a Household Capability	28
Basic Vehicle Kit	28
Preparedness equipment should be useful on ordinary bad days too	29
17. HAZARDOUS MATERIALS	29
18. PETS	29
Pet Grab-and-Go Capability	29
Backup Caregiver	30
Pets as Household Responsibilities	30
19. RAPID RELOCATION & GRAB-AND-GO	30
Have a Prearranged Destination	30
Different People Can Provide Different Help	31
Arrive as a Prepared Guest	31
Individual Grab-and-Go Bags	31
Personal Bag	31
Household / Specialty Bags	32

Rapid Departure.....	32
More Warning Means More Capability.....	32
GRAB FIRST.....	33
ADD IF TIME ALLOWS.....	33
ADD ONLY WITH PLENTY OF TIME.....	33
20. ESSENTIAL EMPLOYEES, FIRST RESPONDERS & ELECTED OFFICIALS.....	33
21. SANITATION & WASTE.....	34
Know Your Waste Streams.....	34
Dry Waste.....	34
Wet Household Waste.....	34
Graywater.....	34
Blackwater / Human Waste.....	34
The Question Most People Avoid.....	35
A Flushing Toilet Does Not Prove the System Is Working.....	35
Handwashing.....	35
Know Your Sanitation Clock.....	36
22. SKILLS & TRAINING.....	36
Learn While Serving.....	36
Other Useful Skills.....	36
23. FINANCIAL & DOCUMENT PREPAREDNESS.....	37
Preparedness Includes Money.....	37
Accessible Does Not Mean All Cash.....	37
Know Likely Costs.....	37
Not Every Emergency Has Sirens.....	37
Portable Recovery Information.....	38
24. RESUPPLY & TRIP PLANNING.....	38
Resupply Is Not an Excuse for Under-Preparing.....	38
Plan the Trip.....	39
Protect Household Money.....	39
Combine Requirements.....	39
25. CLOTHING, HYGIENE & LAUNDRY.....	39

Laundry Capability	40
26. KNOW YOUR NEIGHBORS	40
Be Useful to One Another	40
27. 24-HOUR HOME PREPAREDNESS TEST	41
During the Test	41
Make It a Family Experience	41
After the Test	42
28. BUILD PREPAREDNESS WITHOUT BREAKING THE BUDGET	42
Buy Capability	42
Manual Tools	43
Used Equipment	43
29. PREPAREDNESS SHOULD STILL LOOK LIKE LIFE	43
Put the Phone Down Sometimes	43
30. SOURCES & LEARN MORE	44
31. COMMUNITY REVIEW & ACKNOWLEDGEMENTS	44
7-DAY BASIC PREPAREDNESS PUNCH LIST	45
PRIMARY — MEET THE 7-DAY BAR	45
RECOMMENDED — EXTEND YOUR CAPABILITY	50
CONSIDER — START BUILDING TOWARD 15-DAY EXTENDED	51

HOUSEHOLD PREPAREDNESS: 7-DAY BASIC

1. PROTECT YOURSELF FIRST

Preparedness supplies do not replace immediate protective action.

If there is a fire, tornado, hazardous materials release, violent threat, flash flood, or another immediate danger, protect yourself first. Evacuate, shelter from severe weather, shelter-in-place, or take another protective action when conditions require it.

Protect First. Then Protect Your Capability

This Guidance assumes the household has already taken the immediate actions needed to protect people and pets.

Once conditions allow, attention shifts toward maintaining the household's critical capabilities for a longer period.

Seven days of supplies are meaningless if remaining at the property is unsafe.

Safety determines whether you stay.

2. BEFORE YOU START – MAINTAIN THE 3-DAY BASELINE

The 7-Day Basic level is cumulative.

Before considering your household 7-Day prepared, maintain the PRIMARY capabilities identified in *10.10.1 – Household Preparedness: 3-Day Baseline*.

Moving to a higher level does not mean abandoning the previous one.

A household with seven days of food but no reliable emergency warning method has not reached the 7-Day Basic level.

A household with a large generator but only two days of medication has not reached the 7-Day Basic level.

A household with extensive equipment that only one person understands may have a single point of failure.

Preparedness is measured by your weakest critical capability—not your best piece of equipment.

Meet the bar first. Then raise it.

3. THE 7-DAY BASIC LEVEL

Seven-day preparedness means developing enough household capability to manage approximately one week of disruption when conditions allow. That does not mean your household must remain at home for seven days.

A medical dependency may require relocation on Day 1.

Extreme heat or cold may make the home unsafe before supplies run out.

A hazardous materials incident may require immediate evacuation.

Major property damage may make living elsewhere while returning during the day for recovery work more practical.

Seven days is a planning period, not an instruction to stay.

At this level, the household begins adding:

- Greater supply depth.
- Backup methods.
- Basic power production.
- Better organization.
- Shared responsibilities.
- Local communications.
- Planned resupply.
- Rapid relocation capability.
- Greater financial depth.
- Practical skills.
- Neighbor-to-neighbor cooperation.

4. PREPAREDNESS IS A HOUSEHOLD CAPABILITY

At the 3-Day level, one person may still be carrying much of the preparedness planning.

At the 7-Day level, that begins to change.

The household should increasingly understand:

- What needs to happen.
- Who normally does it.
- Who does it if that person is unavailable.
- Where the equipment and supplies are located.
- What happens when the first option fails.

A capable household is more resilient than one capable person.

If only one person knows the plan, the plan has a single point of failure.

5. KNOW YOUR CLOCK

Every critical capability still has a clock.

At seven days, more of those clocks begin competing with one another.

How long will:

- Drinking water last?
- Medication last?
- Generator fuel last?
- Cooking fuel last?
- Battery storage last?
- Refrigeration remain safe?
- Sanitation supplies last?
- Pet supplies last?
- Vehicle fuel last?
- Cash last?
- The house remain safely habitable?

Do not wait until a capability reaches zero to decide what comes next.

Know Your Clock.

6. KNOW WHAT COMES NEXT

Continue using the same capability succession introduced in the 3-Day Baseline:

Normal Service → Backup → Alternate Option → Conservation → Relocation

At seven days, the household should be able to identify the backup and next option for its most important needs.

Examples:

- Grid electricity may be followed by stored battery power, then solar or generator charging.
- Normal water service may be followed by stored water, then an alternate source and treatment method.
- Normal cooking may be followed by an outdoor grill or other safe backup cooking method.
- Normal cellular communications may be followed by radio.
- Normal household occupancy may be followed by temporary relocation.

Every backup has a dependency.

Ask: **If this fails, what do I do next?**

7. ORGANIZE YOUR PREPAREDNESS SYSTEM

The 3-Day level established one main household emergency supply area. Keep it.

At the 7-Day level, the household begins organizing the larger preparedness system so people can find what they need without searching through the entire house.

A simple progression is:

- **3-Day — Store it.**
- **7-Day — Organize it.**
- **15-Day — Distribute it.**
- **30+ Day — Deepen it based on your situation.**

Organize supplies around practical capabilities, such as:

- Water.
- Food and cooking.
- Power.
- Communications.
- Medical.
- Sanitation.
- Tools.
- Pets.
- Vehicle supplies.
- Grab-and-Go Bags.

Label containers or locations when useful. Keep frequently needed items accessible.

Do not build a storage system so complicated that only the person who created it can understand it.

If everyone has a job, everyone should know where the supplies for that job are located.

8. HOUSEHOLD RESPONSIBILITIES

At 7-Day Basic, formal household responsibilities begin. Each household member who is capable of participating should have:

- **Primary Task** — the responsibility they normally perform.
- **Secondary Task** — another responsibility they can perform if someone else is unavailable.

Assign work based on age, ability, knowledge, physical capability, and safety.

The purpose is to:

1. Divide the workload.
2. Give household members a useful role.

A seven-day disruption creates recurring work.

Someone may monitor drinking-water use.

Someone may care for pets.

Someone may monitor refrigerator and freezer temperatures.

Someone may maintain radios and lights.

Someone may organize meals.

Someone may help track batteries or charging.

Someone may gather medications if relocation becomes necessary.

The most serious or technical tasks will normally fall to capable adults or household members with appropriate skills.

Other responsibilities can still be important.

Give everyone a job.

Having an appropriate responsibility gives people a way to contribute, helps reduce boredom, and provides opportunities to recognize good work. When someone does their job well, say so.

Know Who Takes Over

A task does not disappear because the person normally responsible for it is:

- At work.
- Injured.
- Sleeping.
- Away from home.
- Helping another household.
- Serving as a responder or essential employee.

Know your Primary Task. Know your Secondary Task. Know who covers your task if you are unavailable.

One-Person Households

A person living alone still has all the responsibilities.

That makes organization, conservation, automation, and relationships with trusted neighbors even more useful.

One household may have good sunlight for solar charging.

Another may have a practical water-treatment capability.

Another may have a safe outdoor cooking capability.

People remain responsible for their own households, but voluntary cooperation can improve everyone's capability.

9. COMMUNITY LIFELINES

Continue using the same Community Lifeline framework established in the 3-Day Baseline:

- | | |
|------------------------------|------------------------|
| 1. Safety & Security | 5. Energy |
| 2. Food, Hydration & Shelter | 6. Communications |
| 3. Health & Medical | 7. Transportation |
| 4. Water | 8. Hazardous Materials |

At the 7-Day level, the question is no longer simply whether a Lifeline has failed.

Ask: How long can we function without it, how will we replace part of that capability, and what will make us change course?

10. SAFETY & SECURITY

What Could Be Lost

A prolonged disruption may reduce normal lighting, communications, law-enforcement availability, access control, neighborhood activity, and the ability to quickly obtain help.

A damaged or temporarily vacant property may also become more vulnerable to theft, trespassing, weather damage, or unnoticed problems.

Capability You Need

The household should be able to safely illuminate occupied areas, identify hazards and people, secure the property as conditions allow, maintain awareness, and know when protecting property is no longer worth remaining at the location.

Light Is a Security Capability

Your first security tool is light.

Light can help:

- Identify a friend or stranger.
- Search for a person, animal, or hazard.
- Perform work safely.
- Guide someone to safety.
- Illuminate a larger area.
- Discourage unwanted activity around a dark property.

Different jobs require different lights.

Task Light

A headlamp or handheld light used for close work.

Area / Work Light

Illuminates a room, cooking area, work surface, or immediate outdoor area.

Flood / Security Light

Illuminates a broader exterior or occupied space.

Spot / Search Light

Provides longer-range illumination for locating people, animals, hazards, property, or access points.

Standardize Power Where Practical

When purchasing powered equipment, consider what powers it before buying it.

Where practical:

- Use lights that share common batteries.
- Use tools that share interchangeable battery packs.
- Favor common charging connections.
- Keep compatible cables together.
- Avoid creating unnecessary collections of specialty batteries and chargers.

Sometimes using a common equipment ecosystem improves interoperability.

The least expensive item on the shelf is not always the least expensive system to support.

Interoperability is a capability.

Do not make every light dependent upon one power method.

A household may reasonably maintain rechargeable lighting and some replaceable-battery lighting.

Solar Lighting

Simple solar lights can provide inexpensive supplemental lighting without consuming stored household electrical power.

They may be charged outdoors during the day and used after dark to:

- Mark steps or walkways.
- Provide low-level indoor lighting.
- Illuminate doors and porches.
- Mark an occupied area.
- Reduce flashlight use.
- Provide basic exterior illumination.

Solar landscape lights are supplemental capability. They do not replace dependable task lighting.

Property Security

Secure doors, windows, garages, sheds, outbuildings, tools, and valuable or sensitive property as conditions allow.

If the household temporarily relocates, consider whether a trusted neighbor can keep an eye on the property.

Avoid unnecessarily advertising that a home is vacant.

Maintain awareness without creating unnecessary confrontation.

Report criminal or suspicious activity when communications are available. **Protect people first. Protect property when you safely can.** Never remain in an unsafe home merely to protect possessions.

Backup / Next Option

If exterior electrical lighting fails, move to rechargeable, battery, or solar lighting.

If the home cannot be reasonably secured because of damage, consider moving important property or relocating.

If the property becomes unsafe, leave.

11. FOOD, HYDRATION & SHELTER

What Could Be Lost

A longer disruption may affect grocery access, cooking, refrigeration, heating, cooling, fuel, and household routines.

Capability You Need

The household should have approximately seven days of food capability using foods it normally eats and a realistic method for preparing those foods when normal utilities are unavailable.

Build a Deeper Pantry

Do not build a separate emergency-food collection that nobody wants to eat.

Build a deeper pantry.

Store more of the shelf-stable foods the household already uses.

Use **First In, First Out** rotation so older cans, jars, boxes, and other foods are used before newer ones.

Adding approximately one extra day's worth of food over time is an inexpensive way to gradually increase pantry depth.

Preparedness food can also help during emergencies that never make the news:

- Illness.
- Injury.
- Temporary loss of employment.
- Unexpected expenses.
- Transportation problems.
- Severe winter weather.

Long-storage dehydrated or freeze-dried food is optional.

It may make sense when the household already uses it for camping, hiking, travel, or other purposes.

Multiple-use supplies generally provide better value than supplies purchased only to sit untouched for decades.

Seven-Day Food Capability

Plan for approximately seven days of:

- Familiar meals.
- Shelf-stable foods.
- Foods requiring little or no cooking.
- Household-specific dietary needs.
- Appropriate infant or child needs.
- Foods that can be rotated through normal use.

Maintain a working manual can opener and a second backup opener.

Cooking Capability

At seven days, cooking becomes part of the household plan.

The household should be able to safely prepare its planned foods without depending entirely on normal electrical service.

Depending on the residence, that might involve:

- An outdoor propane grill.
- Another safe outdoor grill.
- An outdoor fire pit or other appropriate outdoor cooking area.
- An indoor fireplace or wood stove designed and safely installed for that use, when appropriate for cooking.
- An appropriate portable camp stove used in a safe location.
- Backup electrical cooking supported by the household power plan.
- A food plan intentionally designed around foods requiring little or no cooking.

Fuel is part of the capability.

A grill with an empty propane cylinder is not a cooking plan.

If the household normally uses propane for grilling, keeping an additional filled cylinder may provide useful depth when it can be safely and legally stored.

Apartment and condominium residents should follow property rules and fire-safety requirements.

Safety Note: Never use outdoor fuel-burning cooking equipment indoors. Use only cooking methods appropriate to the residence and equipment. Maintain ventilation, fire safety, and carbon monoxide protection, and never bring outdoor grills, fire pits, or other outdoor fuel-burning cooking equipment inside.

Warm Food and Morale

Warm food can be a morale boost. During a longer disruption, familiar meals and normal routines can help keep a household comfortable, cooperative, and focused.

A safe backup cooking method provides more than calories.

It can help preserve a sense of normal life.

Continue 3-Day Food Safety

Continue using the food-safety practices established in the 3-Day Baseline.

Remember 4 – 48 – 24:

- **4 HOURS** — Refrigerator: A closed refrigerator will generally keep food safe for about four hours.
- **48 HOURS** — Full Freezer: A full, unopened freezer will generally maintain a safe temperature for about 48 hours.
- **24 HOURS** — Half-Full Freezer: A half-full, unopened freezer will generally maintain a safe temperature for about 24 hours.

Keep refrigerator and freezer doors closed as much as possible. Use coolers when practical, monitor food temperatures, and protect refrigerated and frozen food.

When in doubt, throw it out. Do not sacrifice household safety simply to save refrigerated food.

That repeats only the information the reader actually needs rather than forcing them to find the 3-Day guide.

Your Home Still Has a Habitability Clock

Seven days of supplies do not guarantee seven days of safe indoor temperature.

Heating and cooling can be among the household's largest energy demands.

The goal during an outage is not necessarily to maintain normal whole-house temperature.

The goal is to keep people safely habitable while conserving limited energy.

Cold Weather

Think smaller.

When appropriate, concentrate household activity into a smaller portion of the home.

Close off unused areas when practical.

Use layered clothing, appropriate bedding, and blankets.

A small tent established inside a larger safe room may create a smaller sleeping microclimate that is easier to keep comfortable using body heat and bedding.

Cooking may incidentally add some heat to an occupied environment, but cooking equipment is for cooking—not heating the house.

Never use an oven, outdoor grill, generator, or unsafe fuel-burning appliance as an improvised indoor heating source.

Warm Weather

Reduce unnecessary heat gain.

Use shade and ventilation when safe.

Use fans when conditions permit and when they meaningfully improve comfort.

Limit unnecessary strenuous activity during the hottest part of the day.

Maintain hydration.

Use the least amount of stored electrical power necessary to maintain safe conditions.

When to Change Course

Have a predetermined point where the household stops trying to maintain the residence and relocates.

Consider:

- Indoor temperature.
- Medical needs.
- Infants or older adults.
- Pets.
- Remaining fuel or power.
- Weather forecast.
- Expected restoration time.
- Availability of a safer destination.

Do not wait until the house is already dangerous to begin leaving.

12. HEALTH & MEDICAL

What Could Be Lost

A longer disruption may affect medication, pharmacies, medical appointments, home health services, oxygen, refrigeration, powered medical equipment, transportation, and recurring treatment.

Capability You Need

Work toward maintaining approximately seven days of critical medications, medical supplies, and necessary medical capability whenever prescription limits, insurance, storage requirements, law, and individual circumstances reasonably allow.

Medication Depth

Know:

- What medication is critical.
- How much is available.
- When it will run out.
- What requires refrigeration.
- What pharmacy is normally used.
- What alternate pharmacy or provider may be available.
- What happens if a refill cannot be obtained on schedule.

Continue maintaining an accurate medication list.

Medication Rotation

For medications that can safely and appropriately be managed this way, some households may find two weekly medication organizers useful. Keep one organizer in normal use and a second filled organizer with the household's Grab-and-Go supplies.

When the organizer in normal use is empty, begin using the filled Grab-and-Go organizer. Refill the now-empty organizer and return it to the Grab-and-Go supplies as the backup. Repeating this cycle keeps the backup medication routinely rotated rather than stored and forgotten.

Maintain the medication information needed to correctly identify prescriptions and continue following pharmacist or healthcare-provider instructions for medications requiring special storage or handling. That is much easier to visualize: **use one → move backup into use → refill empty one → empty one becomes the new backup.**

Refrigerated Medication

If medication requires refrigeration, know:

- The required storage conditions.
- How long it can safely remain outside normal refrigeration.
- What cooler or cold-pack capability is available.
- How it will travel during evacuation.
- What happens if refrigeration cannot be restored.

Refrigerated medication may be one of the few items that must be physically retrieved during rapid relocation.

Medical Equipment

If a household member depends on electrical medical equipment:

- Know the normal power requirement.
- Know battery endurance.
- Know how long recharging takes.
- Know whether the 7-Day power system can support it.
- Know the next power source.
- Know where the person can relocate if power cannot be maintained.

Know Your Medical Clock

Seven days of food, water, and fuel does not make a household 7-Day prepared if a critical medical capability lasts only twelve hours.

Your shortest critical medical clock may determine the entire household plan.

Backup / Next Option

Do not wait until medication, oxygen, battery power, refrigeration, or another medical capability reaches zero.

Know who to call. Know where to go. Know how the person will get there.

13. WATER

Capability You Need

Clinton County's planning target remains: **2 gallons per person, per day.**

For seven days: **2 gallons × 7 days = 14 gallons per person.**

The preferred condition is **14 gallons per person of safe drinking water physically on hand**. That may take time to achieve. At the 7-Day Basic level, a household can build toward that storage goal while developing enough water capability to cover the difference.

Think of water capability as: **Source + Access + Treatment + Storage**

Stored Water Is Still Best

Water already safely stored in the home:

- Requires no trip.
- Requires no pump.
- Requires no treatment decision.
- Requires no electrical power.
- Is immediately available.

Continue increasing stored drinking water toward the full seven-day target as household space and finances allow.

Water Processing Capability

If the full 14 gallons per person is not yet stored, know how additional water could realistically be:

- Obtained.
- Accessed.
- Pumped.
- Transported.
- Treated.
- Stored.

The method must fit the household.

A private-well household may need electrical power to pump water.

Another household may need containers and transportation.

Another may have an alternate safe source available.

A common pitcher-style household filter should not automatically be considered a complete emergency water-treatment system.

The treatment method must match the actual water hazard.

Water suspected of chemical contamination requires incident-specific public-health instructions.

Know the Water Already in the Home

A tank-type domestic water heater may provide an additional emergency source when the household water supply has not been contaminated and the equipment is suitable.

Know the equipment before the emergency.

Do not confuse a domestic tap-water heater with tanks or boilers used as part of a building heating system.

Do not assume water from every household tank is automatically safe to drink.

Follow public-health, utility, and manufacturer guidance.

Transportation and Storage

Water is heavy. A gallon weighs more than eight pounds.

Consider:

- Who can move the containers.
- What containers fit in the vehicle.
- How water will be transferred.
- Where treated water will be stored.
- How drinking water will remain separated from non-potable water.

Storage may become the limiting factor even when the household has an excellent treatment system.

If you can safely process water, that capability can often scale. You still need somewhere clean to put it.

Conserve Drinking Water

Do not use drinking-quality water for a job that can safely be completed with non-potable water.

Track usage. Know when supplies must be replenished. Do not wait for the last gallon.

14. ENERGY

What Could Be Lost

A seven-day outage may affect:

- Lighting.
- Phones.
- Radios.
- Refrigeration.
- Medical equipment.
- Well pumps.
- Cooking.
- Heating and cooling.
- Tools.
- Internet equipment.
- Battery charging.

Capability You Need

At the 7-Day Basic level, the household should have an entry-level means to produce or replenish electrical power sufficient to support identified critical loads.

A larger battery alone is not the entire answer.

Eventually, every battery needs to be recharged.

Identify Critical Loads

Decide what truly needs electricity.

Examples may include:

- Medical equipment.
- Refrigeration.
- Phones.
- Radios.
- Emergency lighting.
- Private-well pumping.
- Limited cooking equipment.
- Fans or other seasonal needs.

Do not try to reproduce normal household electricity consumption during an outage.

Decide what must have power and protect that capability.

Generate. Store. Extend.

A basic 7-Day system may use some combination of:

- Portable power station.
- Solar panels.
- Portable generator.
- Vehicle charging.
- Rechargeable batteries.
- Household-specific alternatives.

The system depends on the residence.

Detached Homes

A portable generator, solar system, power station, or combination may be practical.

Apartments and Condominiums

Fuel storage or generator operation may be prohibited, unsafe, or impractical.

Portable solar panels paired with a rechargeable power station may provide a more realistic option.

When permitted and safely deployed, a balcony, deck, patio, yard, or other suitable sunny area may provide temporary solar collection.

Do not block exits or create falling-object, wind, or electrical hazards.

Follow property rules.

Generator Selection

If purchasing a portable generator intended to operate or recharge sensitive electronic equipment, consider a properly sized 60-Hz inverter generator or another generator designed to provide clean, stable power suitable for electronics.

The generator must still be safely operated and correctly sized for the intended loads.

Continue following all generator safety practices established in the 3-Day Baseline.

Know the Recharge Clock

A power system has two important clocks:

1. **How long does stored power last?**
2. **How long does it take to replace that energy?**

A power station that operates critical loads for twelve hours but requires two days to recharge does not provide a sustainable twelve-hour cycle.

Know both numbers.

Standardize Power

Where practical, select powered equipment that shares:

- Battery packs.
- Battery sizes.
- Charging cables.
- USB standards.
- Power sources.

This may occasionally mean staying within one compatible equipment ecosystem.

That can be worthwhile if it allows several tools, lights, fans, or other devices to share batteries and chargers.

Manual Tools Save Power

Do not consume limited electrical power on a job that can reasonably be performed with a manual tool.

Powered tools may save time.

Manual tools preserve energy.

Solar Lights

Use inexpensive solar lights where useful to reduce demand on rechargeable lighting and batteries.

Charge them during the day. Move them where needed after dark.

Every watt-hour you do not need to produce is a watt-hour available for something more important.

15. COMMUNICATIONS

Capability You Need

At seven days, communications means more than receiving emergency information.

The household should be able to share information locally when cellular and internet service are degraded or unavailable.

Local Radio Capability

Register for Clinton County Emergency Alerts and maintain more than one way to receive warnings. Clinton County EMA specifically encourages multiple warning methods so one system failure does not leave a household without information.

Maintain practical short-range radios appropriate to household needs.

Capable household members should know how to:

- Turn them on.
- Select the agreed channel.
- Adjust the volume.
- Make a basic call.
- Recharge them or replace batteries.

FRS (Family Radio Service) handheld radios, sometimes commonly called walkie-talkies, may provide a simple short-range option for household or neighborhood communications. FRS does not require an individual FCC license when compliant equipment is operated within FRS rules.

GMRS (General Mobile Radio Service) is another short-range two-way radio service and may provide additional capability depending on the equipment, terrain, local conditions, and availability of repeaters. GMRS generally requires an FCC license for normal operation.

FRS and GMRS share some frequencies, and compatible radios may be able to communicate on shared channels when operated within the applicable rules.

Whatever radio system the household uses, test it where you expect to use it. Do not assume the maximum range printed on the package will be available under actual conditions.

Households using FRS, GMRS, or another radio service should understand and follow the applicable licensing and operating requirements.

Household and Neighbor Communications

Agree on:

- Who may be contacted locally.
- What radio channel or method will normally be used.
- When routine check-ins may occur during an extended disruption.

A small group of neighbors may find a brief mid-day and evening check-in useful.

Information might include:

- Utility conditions.
- Road closures.
- Weather changes.
- Available fuel, water, ice, or charging.
- A household needing assistance.
- A local safety concern, or a household preparing to relocate.

Radio can also help quickly pass local emergency information when normal communications fail. It may assist neighbors in warning one another, accounting for households, assisting with evacuation, or coordinating other safe actions.

Do not delay evacuation or place yourself in danger attempting to perform emergency-response tasks beyond your ability.

Protect Phone Power

Your cellphone remains an important emergency tool.

When power is limited:

- Use Low Power Mode or Battery Saver.
- Reduce screen brightness.
- Disable unnecessary notifications.
- Limit unnecessary video and entertainment use.
- Avoid constantly refreshing social media.
- Use planned information checks rather than continuous monitoring.

Stay informed without making the emergency your household's only activity.

Backup / Next Option

Normal cellular service may be followed by: **Text / Cellular Data → Local Radio → Trusted Neighbor / Runner →**

Alternate Contact Location

Information is a capability. Sharing useful information is also a capability.

16. TRANSPORTATION

Half a Tank is Empty

At 7-Day Basic: **Treat approximately half a tank as the point to refuel.**

The purpose is not because half a tank is literally empty.

The lower half becomes transportation reserve.

That reserve may allow the household to:

- Relocate.
- Reach work.
- Reach a pharmacy.
- Obtain supplies.
- Check on family.
- Return to a damaged property.
- Travel outside the affected area.

Refuel before a known threat when practical.

Fuel as a Household Capability

Know what household equipment uses fuel.

A household may already maintain fuel for:

- Mower.
- Generator.
- Outdoor equipment.
- Grill.
- Vehicle.

When fuels are compatible, normally maintained household fuel may provide useful emergency depth.

Store fuel only in approved containers and in locations appropriate for that fuel and residence.

Do not create a fire or storage hazard in the name of preparedness.

Basic Vehicle Kit

Maintain basic useful equipment appropriate to the vehicle, such as:

- Rechargeable jump starter or another practical battery-starting method.
- Flashlight or headlamp.
- Phone charging capability.
- Spare tire and necessary tools, or another realistic tire-failure plan.
- Tire inflation or repair capability where appropriate.
- Work gloves.
- Small first-aid kit.
- Drinking water.
- Seasonal clothing or blanket.
- Basic vehicle information.
- Roadside-assistance information where applicable.

Know how to use what you carry.

A rechargeable jump starter can pay for itself on an ordinary cold evening when the vehicle battery is dead in the employee parking lot.

Preparedness equipment should be useful on ordinary bad days too.

Protect the Transportation Clock

Every unnecessary trip consumes:

- Fuel.
- Money.
- Time.
- Vehicle capability.
- Exposure to road hazards.

Combine trips when possible.

Preserve enough fuel to reach the next option.

17. HAZARDOUS MATERIALS

Keep this simple. Continue all protective-action guidance from the 3-Day Baseline.

Know how to receive emergency information, and what shelter-in-place means. Know how to evacuate.

Stay away from spills, vapor clouds, rail incidents, industrial accidents, and suspicious materials.

Follow incident-specific instructions.

At the 7-Day level, the major advancement is **rapid relocation readiness**. Your household should not begin packing after an evacuation instruction. People, pets, medications, transportation, and Grab-and-Go Bags should already be organized.

If an evacuation is ordered, be ready to go—not ready to start packing.

18. PETS

Pets remain part of the household plan.

At 7-Day Basic, plan for approximately seven days of:

- Appropriate pet food.
- Additional pet water.
- Required medications.
- Waste-cleanup supplies.
- Other animal-specific needs.

Maintain:

- Identification.
- Leash or harness.
- Carrier where appropriate.
- Veterinary information.
- Medication information.
- Transportation capability.

Pet Grab-and-Go Capability

Keep essential pet relocation supplies organized so they can leave with the household quickly.

Do not assume a hotel, friend, family member, or other destination accepts animals. At least one planned relocation option should already be confirmed to accept the pet.

Backup Caregiver

Identify at least one trusted person who could:

- Feed the pet.
- Retrieve the pet.
- Transport the pet.
- Temporarily care for the pet.

This is especially important when household members may be unable to return home.

Pets as Household Responsibilities

Pet care can be an excellent age-appropriate Primary Task for a capable household member.

Feeding, watering, exercising, comforting, or helping keep track of an animal can give a child or another family member a meaningful responsibility.

Pets may also respond to the stress and emotions of the people around them. A calm routine can help both.

An adult or other capable household member should still provide backup.

Every pet needs a person. Every person responsible for a pet needs a backup.

19. RAPID RELOCATION & GRAB-AND-GO

At the 3-Day level, the household identified where it might go.

At the 7-Day level, the household should be able to actually go.

Have a Prearranged Destination

When practical, identify someone more than approximately 50 miles from your normal area who:

- Has a positive relationship with your household.
- Has agreed in advance.
- Has enough capacity to reasonably accommodate the household.
- Can accept pets when applicable.

Accommodation does not necessarily mean a spare bedroom for every person.

It might include:

- Space inside the home.
- A camper or travel trailer on the property.

- Electricity.
- Restroom and shower access.
- Cooking access.
- A quiet place for sleep or privacy.

The important part is that the arrangement has been discussed in advance.

Someone else's home is not part of your emergency plan until they have agreed that it is.

Different People Can Provide Different Help

You do not need one person who can solve everything. One person may be able to bed down the household.

Another may be able to temporarily store valuable, sensitive, or difficult-to-replace property and equipment. Another may be able to watch children during the day while adults work on recovery.

Another may have transportation or other practical capability. Use available relationships without unnecessarily overburdening one person.

Arrive as a Prepared Guest

Do not plan to arrive expecting the host household to provide everything. Be ready to contribute.

Bring:

- Grab-and-Go Bags.
- Medication.
- Clothing.
- Pet supplies.
- Charging equipment.
- Appropriate food and personal supplies.
- Other household-specific necessities.

Individual Grab-and-Go Bags

Each household member who is physically and developmentally able should have a small personal Grab-and-Go Bag they can carry and manage.

The bag should support approximately three days away from home.

A child does not need an adult-sized backpack.

A person with physical limitations may have a lighter bag or an assigned person responsible for moving it.

Personal Bag

Consider:

- Basic clothing.
- Underwear and socks.
- Hygiene items.
- Flashlight.
- Charging cable.
- Simple food or snacks as appropriate.
- Basic personal information.
- Comfort or activity items.
- Household-specific needs.

Household / Specialty Bags

Assign capable household members responsibility for items such as:

- Medications.
- Medical equipment.
- Critical documents.
- Communications equipment.
- Pet supplies.
- Other shared items.

Carry your own needs when you can. Know what household equipment you are also responsible for.

Rapid Departure

The Grab-and-Go Bag exists so you do not have to pack during a rapidly developing evacuation.

Ideally, the only things that still need to be gathered are: **People. Pets. Refrigerated medication. Go.**

If an immediate threat or official instruction requires you to leave now, leave immediately.

Do not wait for an arbitrary clock.

When conditions allow a few minutes for an organized rapid departure, move with purpose.

A useful household planning goal is:

- **About 5 minutes — moving toward departure.**
- **10 minutes — hard departure limit when conditions permit.**

The ten-minute mark is a departure limit—not packing time.

By then:

- Household members are accounted for.
- Pets are loaded.
- Grab-and-Go Bags are loaded.
- Required medication is loaded.
- Assigned specialty equipment is loaded.
- The residence is secured as practical.
- The vehicle is started.
- The household is leaving the property.

Do not use available time simply because it exists.

More Warning Means More Capability

A slower-moving situation may provide more time.

Use it deliberately.

GRAB FIRST

- People.
- Pets.
- Grab-and-Go Bags.
- Critical and refrigerated medications.

ADD IF TIME ALLOWS

- Additional food and water.
- Additional clothing.
- Recovery equipment.
- Additional pet supplies.
- Additional medical supplies.
- Important documents and equipment.

ADD ONLY WITH PLENTY OF TIME

- Important personal property.
- Sentimental items.
- Photographs and albums.
- Other difficult-to-replace property.

The hazard determines when you leave. Your packing list does not.

20. ESSENTIAL EMPLOYEES, FIRST RESPONDERS & ELECTED OFFICIALS

Some household members may have important responsibilities outside the home during an emergency.

At the 7-Day level, the household should be capable of assuming more responsibility when that person is away.

Your household is your first personal responsibility.

A responder, healthcare worker, utility employee, public works employee, communications worker, government official, elected official, or other essential employee who is worried about an unsafe or incapable household may have difficulty concentrating on responsibilities elsewhere.

Preparing the household helps solve that problem.

Capable household members should understand:

- The basic household plan.
- Utility locations.
- Important supplies.
- Assigned tasks.
- Medical needs.
- Pet responsibilities.
- Communications.
- Stay-or-go decisions.
- Relocation plans.

Simple posted instructions may help another capable household member identify utility controls or preparedness equipment when the normal planner is unavailable.

If appropriate family members can safely assume enough responsibilities, an essential worker may be able to spend several hours helping the wider community.

In that way, the household is also contributing to the response.

If the person who built the preparedness plan is not home, the plan should still work.

21. SANITATION & WASTE

Food goes in.

Eventually, something has to come out.

Sanitation becomes a serious preparedness capability during a longer outage.

Few households think through what happens when:

- Toilets stop working.
- Water service stops.
- A private well loses power.
- Public sewer service is restricted.
- A septic system cannot be safely used.
- Trash collection stops.

Know Your Waste Streams

Dry Waste

Packaging, relatively clean paper, empty containers, and similar material. Keep dry waste separate when practical.

It is easier to compact, contain, and store.

Wet Household Waste

Food scraps, spoiled food, cooking waste, diapers, pet waste, and other material that can leak, smell, attract insects, or attract animals. Bag and contain it separately.

Graywater

Wastewater from washing, bathing, or similar household activities that does not contain toilet waste.

Graywater still needs appropriate management. Do not assume it can simply be dumped anywhere.

Blackwater / Human Waste

Urine, feces, toilet wastewater, and materials contaminated with human waste require sanitary containment and careful handling.

The Question Most People Avoid

Where will you pee and poop if the toilet stops working?

Have an answer before you need one.

A short-duration capability may include:

- Portable toilet.
- Emergency toilet arrangement.
- Heavy-duty liners.
- Commercial waste bags.
- Absorbent or solidifying material intended for human waste.
- Appropriate gloves.
- Handwashing supplies.
- A sanitary temporary storage method.

A solidifying product may make liquid waste easier to contain and reduce handling problems.

It does not make the waste harmless or eliminate eventual disposal requirements.

A Flushing Toilet Does Not Prove the System Is Working

Know whether the property uses:

- Public sewer.
- Private septic.

Public wastewater systems may depend on lift stations, pumps, electrical power, and treatment systems located far from the house.

A toilet may still flush even when the downstream system is experiencing problems.

If the utility or public officials ask residents to reduce or stop wastewater use, take the request seriously. Do not simply keep flushing problems downstream. Household wastewater can eventually become someone else's environmental or property problem.

Handwashing

A backup toilet without hand-cleaning capability is an incomplete sanitation plan. Maintain soap and a practical method for handwashing when normal water service is limited.

Alcohol-based hand sanitizer containing at least 60% alcohol can provide an additional hand-cleaning option when soap and water are not available and hands are not visibly dirty. It may also help conserve limited water for other critical needs.

Hand sanitizer does not completely replace handwashing. Plan to use soap and water when hands are visibly dirty and after using the toilet or handling human waste.

Keep human waste away from:

- Food.
- Drinking water.
- Cooking areas.
- Children.
- Pets.
- Living areas when practical.

Know Your Sanitation Clock

How long will:

- Toilet liners last?
- Toilet paper last?
- Hand soap last?
- Waste bags last?
- Absorbent material last?
- Temporary storage capacity last?

Seven days requires a plan. Longer-duration disposal and sustained sanitation systems will be addressed more fully in later Guidance.

22. SKILLS & TRAINING

Equipment is useful. Skills travel with you.

At least one capable household member should have practical familiarity with:

- Basic first aid.
- CPR.
- AED use.

Formal certification is strongly encouraged when practical, but preparedness is about actual capability—not possession of a card. Additional household members should learn as age and ability allow. **Do not only store things. Learn things.**

Learn While Serving

Useful training may be available through:

- Employers.
- Churches.
- Volunteer organizations.
- Community groups.
- Schools.
- Civic organizations.
- Other local organizations.

A person who volunteers with a church safety team or another community organization may help others while also learning useful skills such as first aid, CPR, AED use, communications, and safety. Volunteering also helps you meet people, learn who has useful skills, and build relationships with people who are already accustomed to helping one another.

Preparedness is stronger when you know people—not just equipment.

Other Useful Skills

Depending on the household:

- Generator safety.
- Radio use.
- Basic vehicle maintenance.
- Water treatment.
- Pet first aid.
- Basic hand-tool use.
- Safe minor household repairs.

If you do not know how to safely use a tool or piece of equipment, owning it does not automatically create a capability.

23. FINANCIAL & DOCUMENT PREPAREDNESS

Preparedness Includes Money

Work toward approximately **one week of accessible normal household expenses**, as finances reasonably allow.

This may take time. Build it the same way you build a deeper pantry: **A little at a time.**

Possible methods include:

- A small amount each payday.
- Part of a tax refund.
- Money saved from another expense.
- Other amounts appropriate to the household.

The goal is progress, not immediate perfection.

Accessible Does Not Mean All Cash

Financial capability may include:

- Accessible savings.
- Available checking funds.
- A reasonable amount of physical cash.
- Other safe, legitimate household resources.

Physical cash remains useful when electronic payment systems are unavailable.

Do not keep more cash at home than you can reasonably secure.

Know Likely Costs

Understand major insurance deductibles and likely immediate out-of-pocket costs. Know what the household may have to pay before reimbursement or assistance becomes available.

Not Every Emergency Has Sirens

A household reserve may help during:

- Job loss.
- Injury.
- Medical expense.
- Vehicle repair.
- Temporary inability to work.
- Disaster-related relocation.
- Utility disruption.

Sometimes the most useful emergency supply is money. **Do not create preparedness debt.**

Portable Recovery Information

At 7-Day Basic, important information should become portable.

Maintain accessible copies or securely stored information for:

- Identification.
- Insurance.
- Medication lists.
- Medical information.
- Healthcare and pharmacy contacts.
- Emergency contacts.
- Important accounts and service providers.
- Pet records.
- Basic property information.
- Vehicle information.

Where practical, maintain both:

- Physical access.
- Electronic access.

At least one useful copy should be capable of leaving with the Grab-and-Go system. The originals do not necessarily need to travel.

If your house, phone, or computer becomes unavailable, you should still be able to prove who you are, obtain important medical information, contact the people you need, and begin recovery.

24. RESUPPLY & TRIP PLANNING

Seven days of preparedness does not mean supplies magically refill themselves on Day 8.

At this level, begin planning how critical consumables could be replenished.

Consider:

- Drinking water.
- Food.
- Medication.
- Generator fuel.
- Cooking fuel.
- Batteries.
- Sanitation supplies.
- Pet food.
- Other household-specific consumables.

Store enough to give yourself time. Know how you will replenish before you run out.

Resupply Is Not an Excuse for Under-Preparing

A distant store is not your pantry, a gas station is not your fuel reserve, and a pharmacy is not guaranteed to be immediately accessible during an emergency. Stored capability buys your household time when normal services are disrupted, while planned resupply helps extend that capability when conditions allow.

Plan the Trip

If normal local services are disrupted and travel outside the area is necessary: **Plan the trip. Make the list. Combine the stops. Stick to the plan.**

Before leaving, determine:

- What is actually needed.
- How much is needed.
- Where it is expected to be available.
- Which stops can be combined.
- Primary and alternate routes.
- Expected fuel consumption.
- Available spending limit.
- Whether someone at home needs another item while you are already out.
- What conditions would cause the trip to change or end.

Protect Household Money

A resupply trip is not necessarily a convenience trip. If you have driven outside an affected area because necessities are unavailable locally, consider whether optional spending is wise.

The household may need that money tomorrow for:

- Fuel.
- Medication.
- Repairs.
- Lodging.
- Food.
- Another problem that has not developed yet.

Spend with tomorrow in mind.

Combine Requirements

One planned trip may:

- Refuel the vehicle.
- Refill an approved fuel container.
- Obtain groceries.
- Obtain ice.
- Pick up medication.
- Check on a family member.
- Obtain sanitation supplies.
- Return without requiring another trip the next day.

Every unnecessary trip consumes part of the household's transportation clock.

25. CLOTHING, HYGIENE & LAUNDRY

Seven days is long enough for clean clothing and hygiene to matter.

Plan for enough:

- Underwear.
- Socks.
- Work clothing.
- Seasonal clothing.
- Personal hygiene supplies.
- Towels.
- Household-specific personal-care items.

Laundry Capability

You do not need to recreate normal laundry service.

Wash what matters.

Prioritize:

- Underwear.
- Socks.
- Children's clothing.
- Work clothes.
- Cleanup clothing.
- Towels.
- Other heavily soiled items.

A basic manual method can handle a few essential items if needed. But preparedness does not mean doing everything the hard way.

A trusted neighbor, friend, or relative with generator-backed power may still have a working washing machine. One load of essential clothing may solve the problem. Air drying may replace the dryer.

Use the capability that safely works.

Do not turn a small laundry need into a long-distance trip for a month's worth of clothing.

26. KNOW YOUR NEIGHBORS

At the 7-Day level, start simple. **Know the people who live immediately around you.**

At a minimum, when practical:

- Know the neighbors on either side.
- Know nearby households across the road, hallway, or immediate area.
- Have a reasonable way to contact one another.
- Discuss basic emergency check-ins.
- Know whether someone may need additional help.
- Let a trusted neighbor know when your property will be temporarily vacant.

The first conversation after a major outage should not have to be: "Hi. I think we've lived beside each other for six years."

Be Useful to One Another

One household may have:

- Better sunlight for solar charging.
- Water-treatment capability.
- Outdoor cooking capability.
- A working washing machine.
- Transportation.
- while another family is away.
- Useful tools.
- Information.
- Nothing more complicated than the ability to notice a problem

Cooperation should be voluntary and reasonable.

Do not assume access to another person's:

- Equipment.
- Supplies.
- Money.
- Time.
- Property.

Be prepared to take care of your own household. Be willing to help a neighbor when you reasonably can.

Community preparedness does not replace individual responsibility. It multiplies it.

27. 24-HOUR HOME PREPAREDNESS TEST

Equipment that has never been used is an assumption. A plan that has never been tested is also an assumption.

At the 7-Day Basic level, conduct a **24-hour home preparedness test** during a weekend or another relatively low-demand period.

The purpose is not suffering. **The purpose is learning.**

Test the plan—not your tolerance for discomfort.

During the Test

Practice using:

- Emergency lighting.
- Radios.
- Backup cooking.
- Household Primary and Secondary Tasks.
- Backup power.
- Battery management.
- Pantry foods.
- Water conservation.
- Refrigerator/freezer monitoring.
- Pet responsibilities.
- Basic sanitation arrangements where practical.
- Phone conservation.
- Backup charging.
- Normal household routines.

You do not necessarily need to shut off the main electrical breaker or disable critical household systems.

Do not interrupt:

- Necessary medical equipment.
- Smoke or carbon monoxide alarms.
- Sump pumps when needed.
- Other critical systems.

Simulate the loss when physically disconnecting a utility would create unnecessary risk.

Make It a Family Experience

Cook the planned food, play cards or use the no-power games, take care of the pets, use the emergency lighting, and practice the household radio check-in. Let household members perform their assigned jobs and learn from the experience.

Make the test useful, but allow parts of it to be fun. Preparedness practice can also be an opportunity to spend time together and create good family memories.

After the Test

Ask:

- What worked?
- What failed?
- What was difficult to find?
- What ran out faster than expected?
- Who did not understand their task?
- Which equipment was harder to use than expected?
- What used more power than expected?
- What did we buy but never actually need?
- What simple change would make the largest improvement?

Do not immediately solve every problem by buying more equipment.

First determine whether the problem was:

- Equipment.
- Organization.
- Training.
- Conservation.
- Communication.
- The plan itself.

Test before you buy more.

The 15-Day level will increase the challenge with a longer test during normal workweek conditions.

28. BUILD PREPAREDNESS WITHOUT BREAKING THE BUDGET

Seven-day preparedness should be built over time.

Do not try to buy the entire level in one weekend.

Add:

- A little more food.
- A little more water.
- A little more financial reserve.
- Another useful tool.
- Another battery.
- Another skill.

Gradual improvement is still improvement.

Buy Capability

Before purchasing equipment, ask:

- What problem does this solve?
- What capability does this provide?
- What does it depend on?
- What powers it?
- Can anything else I own use the same batteries or charger?
- How will I maintain it?
- What happens when it fails?
- Is there a simpler solution?

Manual Tools

Maintain a useful basic hand-tool capability.

Examples may include:

- Screwdrivers.
- Pliers.
- Adjustable wrench.
- Hammer.
- Utility knife.
- Spare blades.
- Tape.
- Common fasteners.
- Measuring tape.
- Manual cutting tool where appropriate.
- Work gloves.
- Eye protection.
- Household-specific tools.

Manual tools do not require charging.

If backup power can recharge cordless tools, excellent. That does not mean every job needs a powered tool.

Do not spend limited emergency power doing a job that can reasonably be completed by hand.

Used Equipment

Thrift stores, yard sales, and secondhand stores may still provide useful:

- Clothing.
- Cookware.
- Blankets.
- Hand tools.
- Storage containers.
- Other non-critical supplies.

Inspect used equipment.

Use greater caution with:

- Electrical equipment.
- Fuel-burning equipment.
- Life-safety equipment.
- Anything whose failure could create a serious hazard.

Save money where failure is inconvenient. Spend carefully where failure could be dangerous.

29. PREPAREDNESS SHOULD STILL LOOK LIKE LIFE

A household is more than an emergency plan. Seven-day preparedness should help protect normal life—not replace it. Maintain familiar routines when practical, eat normal meals, give household members useful responsibilities, and recognize good work. Spend time together, play games, read, care for pets, and enjoy time outside when conditions are safe. Even during a difficult disruption, look for opportunities to create positive family memories.

Put the Phone Down Sometimes

When power is limited, your phone is an emergency tool before it is an entertainment device. Use Low Power Mode, reduce unnecessary notifications, and check trusted sources for important information. Then put the phone down. Constant social-

media notifications do not make the household more prepared; they consume battery power and attention. **Stay informed without making the emergency your household's only activity.**

A disruption may someday become the strange family story about:

- Sleeping in a tent in the living room.
- Cooking spaghetti outside.
- Playing cards under solar lights.
- The child who took responsibility for the dog.
- The neighbor who helped everyone recharge their radios.

The emergency itself may not be enjoyable. There can still be good moments inside a bad situation. **Prepare for disruption. Do not live-in fear of it.**

30. SOURCES & LEARN MORE

- Clinton County Emergency Operations Plan – 01: Basic Plan.
- Clinton County Emergency Operations Plan – 01.01: Reference – Clinton County Lifelines.
- Clinton County Emergency Operations Plan – 01.01.A: Reference – Countywide Lifelines.
- Clinton County EMA Guidance 10.10.1 – Household Preparedness: 3-Day Baseline.
- Clinton County Emergency Management Agency – Warning Alerts.
- Ready.gov – Emergency Supply and Preparedness Guidance.
- Centers for Disease Control and Prevention – Emergency Water Guidance.
- Centers for Disease Control and Prevention – Power Outage and Carbon Monoxide Safety.
- FoodSafety.gov – Food Safety During Power Outages.
- Federal Communications Commission – Family Radio Service / General Mobile Radio Service.
- Federal Emergency Management Agency – Emergency Financial First Aid Kit.

31. COMMUNITY REVIEW & ACKNOWLEDGEMENTS

Clinton County EMA thanks the residents and community members who volunteered their time to review this Guidance, identify errors, question assumptions, suggest clearer wording, and share practical experience.

Public review is an important part of developing useful preparedness guidance. Comments received during the review process resulted in changes to terminology, readability, examples, organization, and preparedness concepts contained in this document. The following individuals agreed to be recognized for their contributions:

Anne Wilkinson — Public Reviewer

Reviewers were not asked to approve or endorse the final document. Their recognition reflects their contribution to the review process. Clinton County EMA remains responsible for the final content and recommendations contained in this Guidance. Thank you for helping make this Guidance more useful to Clinton County households.

7-DAY BASIC PREPAREDNESS PUNCH LIST

Use this list to measure **capability**—not how much equipment you own.

Complete the **PRIMARY** items first.

Complete **RECOMMENDED** items to improve reliability, comfort, redundancy, and the ability to manage a disruption longer than seven days.

Use **CONSIDER** items to begin moving toward the 15-Day Extended level.

PRIMARY keeps you safe. **RECOMMENDED** helps you last longer. **CONSIDER** prepares you for what comes next.

PRIMARY — MEET THE 7-DAY BAR

Previous Level

- ☐ **Maintain the 3-Day Baseline:** Our household has completed and can maintain the PRIMARY capabilities identified in the 3-Day Baseline Guidance.

Household Responsibilities

- ☐ **Primary Tasks:** Each capable household member has an age- and ability-appropriate Primary Task.
- ☐ **Secondary Tasks:** Each capable household member has a Secondary Task they can perform when another person is unavailable.
- ☐ **Household Knowledge:** More than one capable person understands the basic household plan and important systems.
- ☐ **Task Succession:** We know who assumes critical responsibilities when the person normally responsible is away.

Organization

- ☐ **Organized Preparedness System:** Water, food/cooking, power, medical, communications, sanitation, tools, pets, and relocation supplies can be quickly located.
- ☐ **Labels / Instructions:** Important equipment and utility locations have simple labels or instructions where useful.

Safety & Security

- ☐ **Task Lighting:** We have reliable personal lighting for household members who need it.
- ☐ **Area Lighting:** We can illuminate important indoor work areas without depending entirely on normal electrical service.
- ☐ **Exterior Lighting:** We have a practical way to illuminate important exterior areas where appropriate.
- ☐ **Power Standardization:** We use common battery, charger, or power standards where reasonably practical.
- ☐ **Property Security:** We can reasonably secure the home, outbuildings, tools, and important property during an extended disruption.
- ☐ **Vacant Property Plan:** We know how the property will be watched or checked if we temporarily relocate.

Food & Cooking

- ☐ **Seven-Day Food:** We have approximately seven days of food our household normally eats.
- ☐ **Pantry Rotation:** Shelf-stable foods are organized and rotated through normal use.
- ☐ **No-Cook Foods:** Part of our seven-day food capability can be eaten without normal cooking equipment.
- ☐ **Backup Can Opener:** We have a second working manual can opener.
- ☐ **Cooking Capability:** We have a safe way to prepare planned foods without depending entirely on normal household electricity.
- ☐ **Cooking Fuel:** We have enough safe fuel or stored energy to make our backup cooking method realistic.
- ☐ **Food Safety:** We continue the 3-Day food-safety practices and can monitor refrigerator/freezer temperatures.
- ☐ **Cooler Capability:** We have a cooler and practical cold-pack or ice capability.

Habitability

- ☐ **Seasonal Plan:** We know how our household plan changes between hot and cold weather.
- ☐ **Cold-Weather Conservation:** We can reduce the amount of living space that must be kept comfortable during cold conditions.
- ☐ **Warm-Weather Conservation:** We have practical methods to reduce heat exposure and electrical demand during warm conditions.
- ☐ **Habitability Trigger:** We know what conditions would cause us to stop trying to maintain the home and relocate.

Health & Medical

- ☐ **Seven-Day Medication Goal:** We maintain approximately seven days of critical medication when reasonably possible.
- ☐ **Medication Rotation:** Emergency medication supplies are routinely checked and rotated when appropriate.
- ☐ **Medication Information:** Current medication, pharmacy, provider, allergy, and medical information is accessible.
- ☐ **Refrigerated Medication:** If applicable, we can safely transport and temporarily maintain refrigerated medication.
- ☐ **Medical Equipment Power:** If applicable, our backup-power plan accounts for necessary medical equipment.
- ☐ **Medical Backup:** We know the next pharmacy, provider, power source, or relocation option if normal medical support becomes unavailable.
- ☐ **Medical Clock:** We know which medical dependency would require household action first.

Water

- ☐ **14-Gallon Capability:** We have approximately 14 gallons per person of water capability for seven days.
- ☐ **Stored-Water Goal:** We are working toward having the full 14 gallons per person physically stored as safe drinking water.
- ☐ **Water Source:** If stored water is below the full target, we have identified a realistic additional water source.
- ☐ **Water Access:** We know how we would access or pump additional water.
- ☐ **Water Transport:** We have practical containers and a way to transport additional water.
- ☐ **Water Treatment:** We have a treatment method appropriate to the types of water we may realistically use.
- ☐ **Water Storage:** We have clean containers for storing treated drinking water.
- ☐ **Private-Well Plan:** If applicable, we know how loss of power affects our well and what comes next.

- ☐ **Water-Heater Awareness:** If applicable, we understand whether our domestic water heater may provide usable emergency water and the limitations of that source.
- ☐ **Water Conservation:** We distinguish drinking-quality water from water that can safely be used for other purposes.

Energy

- ☐ **Critical Loads:** We know what truly requires electricity during an outage.
- ☐ **Power Production:** We have an entry-level method to produce or replenish electricity appropriate to our residence.
- ☐ **Stored Power:** We have enough stored electrical capability to support identified critical loads between recharge cycles.
- ☐ **Recharge Clock:** We know approximately how long stored power lasts and how long it takes to replenish.
- ☐ **Solar / Generator / Other Source:** Our power-production method can realistically operate under our household conditions.
- ☐ **Generator Safety:** If we use a generator, we understand and follow safe operation requirements.
- ☐ **Power Compatibility:** Charging cables, adapters, batteries, and equipment needed by the plan are compatible and accessible.
- ☐ **Manual Tool Capability:** We have basic manual tools that do not depend on electricity.

Communications

- ☐ **Local Radios:** We have practical short-range radio capability appropriate to our household.
- ☐ **Radio Knowledge:** Capable household members know how to operate the radios.
- ☐ **Radio Power:** We can recharge the radios or maintain replacement batteries.
- ☐ **Local Contact Method:** We have an agreed method or channel for communicating with nearby household members or neighbors.
- ☐ **Check-In Plan:** We have considered reasonable check-in times during a prolonged communications outage.
- ☐ **Phone Conservation:** Household members know how to reduce unnecessary phone battery use.
- ☐ **Printed Contacts:** Important contacts remain available without depending on the cellphone contact list.

Transportation & Fuel

- ☐ **Half a Tank Is Empty:** We normally refuel the primary household vehicle at approximately half a tank.
- ☐ **Threat Refueling:** We refuel before known significant threats when practical.
- ☐ **Basic Vehicle Kit:** The vehicle has useful lighting, charging, first aid, water, seasonal supplies, and basic roadside equipment.
- ☐ **Jump Capability:** We have a rechargeable jump starter or another realistic battery-starting method.
- ☐ **Tire Capability:** We have a spare/repair/inflation option or another realistic tire-failure plan.
- ☐ **Vehicle Knowledge:** Capable household members know how to safely use the vehicle equipment they may depend upon.
- ☐ **Fuel Awareness:** We know what household equipment uses fuel and which fuels are compatible.
- ☐ **Fuel Storage:** Any stored fuel is maintained in approved containers and appropriate locations.

Hazardous Materials

- ☐ **Rapid HazMat Relocation:** We can move people, pets, medications, and Grab-and-Go Bags quickly when evacuation is directed.
- ☐ **Shelter-in-Place:** We continue to understand and follow incident-specific shelter-in-place instructions.

Pets

- ☐ **Seven-Day Pet Supplies:** We have approximately seven days of appropriate pet food, water, medication, and basic care supplies.
- ☐ **Pet Grab-and-Go:** Essential pet relocation supplies can be quickly loaded.
- ☐ **Pet Destination:** At least one planned relocation option has been confirmed to accept our pets.
- ☐ **Backup Pet Caregiver:** At least one trusted person could assist with pet care, retrieval, or transportation if needed.
- ☐ **Pet Responsibility:** A capable household member has primary responsibility for pet care, with a backup assigned.

Rapid Relocation

- ☐ **Relocation Destination:** We have at least one prearranged destination outside the immediate area.
- ☐ **Host Agreement:** The person or household has agreed in advance that we may use that location.
- ☐ **Distance:** When practical, our primary relocation option is more than approximately 50 miles from our normal area.
- ☐ **Pet Acceptance:** The relocation plan accounts for household pets.
- ☐ **Individual Bags:** Each household member who can reasonably manage one has a personal Grab-and-Go Bag.
- ☐ **Three-Day Travel Capability:** Individual bags can support basic personal needs for approximately three days away from home.
- ☐ **Specialty Bags:** Shared medical, document, communications, or pet equipment has an assigned carrier.
- ☐ **Rapid Departure:** We can leave without spending evacuation time packing normal travel items.
- ☐ **Departure Discipline:** We understand that immediate evacuation means leave immediately; available time is not permission to delay.
- ☐ **Priority Loading:** We know what is GRAB FIRST, ADD IF TIME ALLOWS, and ADD ONLY WITH PLENTY OF TIME.

Essential Workers

- ☐ **Essential Worker Continuity** — If Applicable: The household can carry out the 7-Day plan when an essential employee, responder, or official is away.
- ☐ **Utility Knowledge:** Another capable household member understands important household controls and systems when appropriate.
- ☐ **Shared Decisions:** More than one capable household member understands when staying is no longer safe.

Sanitation & Waste

- ☐ **Toilet Backup:** We have a sanitary backup method if the normal toilet cannot be used.
- ☐ **Human-Waste Containment:** We can safely contain human waste for a short-duration disruption.
- ☐ **Hand Cleaning:** We maintain soap, a practical handwashing capability, and appropriate hand sanitizer for use when normal water service is limited.

- ☐ **Waste Separation:** We can separate dry, wet, pet, and human waste when practical.
- ☐ **Graywater Awareness:** We understand that graywater requires appropriate disposal.
- ☐ **Sewer / Septic Knowledge:** We know whether our residence uses public sewer or private septic.
- ☐ **Wastewater Conservation:** We understand that a flushing toilet does not necessarily mean the downstream wastewater system is functioning normally.
- ☐ **Sanitation Supplies:** We have sufficient bags, liners, soap, toilet paper, and other basic sanitation consumables for approximately one week.

Skills & Training

- ☐ **First Aid Knowledge:** At least one capable household member has practical basic first-aid knowledge.
- ☐ **CPR / AED Knowledge:** At least one capable household member has practical familiarity with CPR and AED use.
- ☐ **Equipment Skills:** We know how to safely operate the equipment included in our plan.
- ☐ **Tool Skills:** We understand the limits of household repairs we can safely perform.

Financial & Documents

- ☐ **One-Week Financial Goal:** We are building toward approximately one week of accessible normal household expenses.
- ☐ **Emergency Cash:** We maintain a reasonable amount of physical cash appropriate to our circumstances.
- ☐ **Insurance Awareness:** We know major insurance deductibles and likely immediate recovery costs.
- ☐ **Portable Documents:** Important identification, insurance, medical, provider, pet, property, and vehicle information can leave with us.
- ☐ **Physical Redundancy:** Important information is available in physical form where practical.
- ☐ **Electronic Redundancy:** Important information is also securely available electronically where practical.

Resupply

- ☐ **Consumable Clocks:** We know which water, food, medication, fuel, sanitation, and pet supplies will require replenishment first.
- ☐ **Resupply Sources:** We know realistic places outside the immediate area where important supplies may be obtained.
- ☐ **Trip Planning:** We make a list, identify stops, plan the route, and combine needs before making a resupply trip.
- ☐ **Spending Discipline:** We protect limited emergency funds from unnecessary spending during resupply trips.
- ☐ **Fuel Conservation:** We avoid unnecessary travel that consumes transportation reserve.

Clothing, Hygiene & Laundry

- ☐ **Seven-Day Clothing:** We have enough basic clothing to remain functional for approximately one week.
- ☐ **Personal Hygiene:** We have basic personal-care supplies for an extended disruption.
- ☐ **Essential Laundry:** We have a practical method to clean essential clothing if normal laundry equipment is unavailable.
- ☐ **Air Drying:** We can dry essential clothing without depending entirely on an electric or gas dryer.

Neighbors

- ☐ **Know the Neighbors:** We know the people who live immediately around us.
- ☐ **Contact Method:** We have a reasonable way to contact at least nearby trusted neighbors.
- ☐ **Basic Check-In:** We have discussed checking on one another during a prolonged disruption.
- ☐ **Property Awareness:** A trusted nearby person can be told when our property will be temporarily vacant.

Household Morale

- ☐ **No-Power Activities:** We have simple activities that do not depend on electricity or internet access.
- ☐ **Normal Routines:** We understand the value of maintaining reasonable meal, sleep, and family routines.
- ☐ **Phone Conservation:** We can reduce unnecessary notifications and entertainment use when phone power is limited.
- ☐ **Everyone Has a Purpose:** Capable household members have meaningful responsibilities during a disruption.

Test the Plan

- ☐ **24-Hour Test:** We have completed a 24-hour home preparedness test or have scheduled one.
- ☐ **Household Tasks Tested:** Household members have practiced their Primary and Secondary Tasks.
- ☐ **Backup Equipment Tested:** We have actually used our backup lighting, cooking, communications, and power equipment.
- ☐ **Lessons Identified:** We documented what worked and what needs improvement.
- ☐ **Fix the Plan First:** We considered organization, training, conservation, and procedures before automatically buying more equipment.

RECOMMENDED — EXTEND YOUR CAPABILITY

- ☐ Increase stored drinking water toward the full 14-gallon-per-person target if not already achieved.
- ☐ Maintain more food than the minimum seven-day amount using normal pantry rotation.
- ☐ Maintain additional safe cooking fuel.
- ☐ Develop more than one cooking method appropriate to the residence.
- ☐ Increase stored electrical capacity.
- ☐ Add additional solar-generation capability where useful.
- ☐ Maintain both rechargeable and replaceable-battery lighting.
- ☐ Add inexpensive solar lighting for walkways, rooms, or exterior areas.
- ☐ Increase interoperability among batteries, tools, lights, and chargers.
- ☐ Maintain additional sanitation bags, liners, absorbent material, and hygiene supplies.
- ☐ Obtain hands-on CPR/AED/first-aid training.
- ☐ Train more than one household member.
- ☐ Participate in useful church, workplace, volunteer, civic, or community training opportunities.
- ☐ Maintain additional vehicle and roadside capability appropriate to normal travel.
- ☐ Identify more than one possible resupply location.
- ☐ Identify more than one person who could provide a specific form of assistance.
- ☐ Identify a trusted person who may be able to temporarily store important property during recovery.
- ☐ Identify someone who could help with children or other household responsibilities during daytime recovery work.

- ☐ Continue increasing emergency savings beyond one week when finances allow.
- ☐ Improve the quality and organization of portable household records.
- ☐ Repeat the 24-hour test when major equipment, household membership, or plans change.

CONSIDER — START BUILDING TOWARD 15-DAY EXTENDED

- ☐ **15-Day Water:** Begin increasing water capability toward approximately 30 gallons per person.
- ☐ **Water Redundancy:** Develop more than one realistic way to obtain or process water.
- ☐ **Greater Pantry Depth:** Continue expanding normal pantry depth toward approximately two weeks.
- ☐ **Power Integration:** Begin combining generation, stored power, solar, fuel, and conservation into a more coordinated system.
- ☐ **Wireless Temperature Monitoring:** Consider remote refrigerator/freezer temperature monitoring to improve power management.
- ☐ **Greater Medical Depth:** Review medication, equipment, provider, and relocation capability for approximately two weeks.
- ☐ **Greater Sanitation Depth:** Begin planning for waste volume and sanitation consumables beyond one week.
- ☐ **Distributed Supplies:** Begin identifying useful supplies that may eventually be kept in other locations—such as a vehicle, workplace, or trusted family or friend location—so the household does not depend entirely on one preparedness cache at home.
- ☐ **Work / School Separation:** Consider where household members normally are during work and school hours and what they would need if unable to immediately return home.
- ☐ **Communication Depth:** Consider additional radio capability, alternate channels, or increased range appropriate to household needs.
- ☐ **Financial Depth:** Build toward approximately two weeks of accessible household expenses.
- ☐ **Off-Site Records:** Begin identifying a secure location outside the home for important record redundancy.
- ☐ **Additional Relocation Options:** Identify another realistic place the household could go if the primary destination is unavailable.
- ☐ **Relationship Depth:** Continue building practical relationships with family, neighbors, coworkers, church members, volunteer contacts, and others who may become part of a stronger support system.
- ☐ **48-Hour Test:** Begin planning for the 15-Day level's more demanding 48-hour preparedness test during a normal workweek.

Completed the **PRIMARY** items? Good. Maintain them. Work through the **RECOMMENDED** items as time and money allow. Use the **CONSIDER** items to begin building toward the 15-Day Extended level. Preparedness is measured by your weakest critical capability—not your best piece of equipment. Meet the bar first. Then raise it.

Plan. Prepare. Protect.