The world is a scary place, and it's getting worse everyday. We've all been touched in some way by terrorism, violent crimes, natural disasters. As challenging as living in these uncertain times has been, we have to keep going. In spite of what seems to be the fact that life is out to get us, there are ways for us to protect ourselves from the worst that life can throw at us. One way of doing this is by staying prepared. Preparation, in a nutshell, is a system or a process of getting something ready for use in the future. In the case of disaster preparation, this means identifying risks and preparing for them by gathering resources and increasing our level of knowledge about various kinds of disaster scenarios. It's also about having supplies available to minimize any damage that disaster could cause on us and our facilities. This is important because it gives us more control if we happen to face one of these dire situations that we talked about earlier. And this brings us to the subject of what we'll be talking about today – the importance of being prepared. If you've been reading our reminders, you would have known that one of the easiest ways to prepare for a disaster is by taking precautions against it. The thing about being prepared is that it shouldn't have to cost a lot of money – there are a lot of things that one can do on a tight budget, and we'll be going over this later. However, there are instances wherein a certain type of preparation requires spending money; but no matter how much or how little you spend, you will still get value for your money as long as the basics were covered. This article will cover the basics of what you need to be prepared. We'll start with what to prepare for, then we'll go over the supplies that you will need for different types of disasters, and finally we'll mention things that you can do on a tight budget. The first thing that you should do is to assess your risk. What are the risks in your area? Factor in geologic activity, natural occurrences, civil law suits and man-made disasters to get an estimate of your risk assessment. The best way to do this is through FEMA's Emergency Support Function (ESF) system. They break down the risks into categories called Emergency Support Functions. The ESFs that you should be aware of are: You can assess your risk by visiting FEMA's web site at http://www.fema.gov/esf/. After assessing your risk, take note of your capabilities in handling these risks. Are you prepared enough to handle them? Have you taken the proper precautions to reduce the impact that these disasters will have on you? If not, what are things that you need to do so that you become better prepared for emergencies? After assessing your risk, it's best if you review your plan for dealing with emergencies in your family or workplace.

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