

AFTER **NORMAL**

RURAL AND REMOTE PACK

A calm planning guide for homes on wells, propane and wood, far from towns and emergency services

WHEN HELP IS HOURS AWAY, THE PLAN HAS TO BE YOURS.

For: For people who live far from shops and emergency services, on a well and propane or wood, where phone coverage is patchy and a road can close for days.



KEEP THIS PAGE**THE ONE-PAGE SUMMARY: WHAT TO DO, IN ORDER**

- 1 THIS WEEK (about one hour each)
- 2 1. Call your county dispatch non-emergency number and write down your real time-to-help (Worksheet 1). Do not use 911 for this call.
- 3 2. Fill in the Property Emergency Sheet (Worksheet 2). Put copies by the door, with a neighbor or key holder, and in the car, leaving the gate code off the door and car copies.
- 4 3. Put working carbon monoxide (CO) alarms on every level and by every sleeping area.
- 5 4. Store at least 1 gallon (about 4 liters) of water per person per day. Date every container.
- 6 THIS MONTH
- 7 5. Fill in the Supply Planning Table (Worksheet 3): a 3-day go bag, a 14-day home stock, and a target for your longest road closure.
- 8 6. Ask your pharmacist how many days of medicine you can hold. Never fewer than 7 days. Aim for 30.
- 9 7. Book a hands-on first aid, CPR and bleeding control class.
- 10 8. Make a phone map and set up a daily check-in with someone off your property (Worksheet 4).
- 11 BEFORE THE SEASON
- 12 9. Well owners: fill in Worksheet 6 and learn the flood rule. Switch the pump off and call a contractor before you use it again.
- 13 10. Fuel: store it outdoors. Run a generator outdoors only, at least 20 ft (about 6 m) from doors, windows and vents.
- 14 11. Clear the first 5 ft (about 1.5 m) around your walls, then work outward. Open the driveway to 13.5 ft (about 4.1 m) of clear height and cut brush back 10 ft (about 3 m).
- 15 12. Write your leave-early triggers (Worksheet 11) and drive two routes out.
- 16 TWICE A YEAR
- 17 Run the rotation check, review every worksheet, and repeat the dispatch call each year.

PART 1**HELP IS HOURS AWAY: YOUR STARTING POINT**

This section helps you find out how long help really takes at your address. Then you write down everything a responder needs on one Property Emergency Sheet.

FIND YOUR REAL NUMBERS

Most safety advice assumes help is a few minutes away. Where you live, it may not be. So the first job in this guide is not buying anything. It is learning your real numbers.

Every later section sizes itself to what you write down here: how much water to store, how much fuel to hold, and how long to plan to manage on your own.

WHAT THE NATIONAL NUMBERS SAY

In town, an ambulance often arrives in about 6 minutes. A national study of 2015 EMS data (EMS means emergency medical services, the ambulance crews) found the typical rural wait was about 13 minutes. Nearly 1 in 10 rural calls waited close to 30 minutes. Other national sources agree that rural response is almost double urban response, and a review of 37 studies found rural times were usually longer.

These are national middle values, and they include rural towns. A home far down a long road may wait longer, and storms, floods or fire can add more. Serious bleeding or a stopped heart cannot wait that long. So the person next to the patient has to act first. Do not rely on any national figure. Use the number dispatch gives you.

FREE SAMPLE

THAT WAS A TASTE

You have just read the opening of **Rural and Remote Pack**. The full guide has 10 parts, including:

- ☐ Help Is Hours Away: Your Starting Point
- ☐ Two Weeks and Longer: Water, Food and Fuel Planning
- ☐ Talking to the World When Coverage Is Poor
- ☐ Medical Readiness for a Long Wait
- ☐ Well Water and Pumps: Power Loss, Backup and Floods
- ☐ Fuel, Generators and Heat: Store It Safely, Burn It Safely
- ☐ Sanitation, Pets and Livestock in a Long Outage
- ☐ Snowed In or Cut Off: Roads, Vehicle Kit and Neighbors
- ☐ Wildfire and Flood: Routes, Gates, Driveways and Coming Home
- ☐ Readers Outside the US

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