

THE

SPIKE

GUIDE TO

URBAN SURVIVAL

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INTRODUCTION

Why Should YOU Be Concerned With Disaster Preparedness?

Disasters are a fact of life. Each year disasters — large and small, natural and man-made — strike around the world. Since disasters are an inescapable part of living, survival knowledge and preparation become a common sense insurance policy. Most disasters and emergencies have a common core of resultant problems. Preparation for one kind of anticipated emergency can greatly enhance your chances of survival in other disaster situations.

Since knowledge and preparation are keys to your survival during and after a disaster, you would take steps to become *informed*. You would also be wise to develop a capacity for *self-sufficiency*. The ultimate responsibility for your disaster survival lies with you.

Many people try to avoid thinking about disasters because it creates a great deal of apprehension. As you walk through the process of becoming better informed and prepared, some of your fears may actually increase, while others are laid to rest. Fortunately, intellectual and physical control encourage emotional control and will lead to less stress during the event.

This is critical, because during a calamity, your survival can depend on how you cope with emotional stress and shock. If you have thoroughly thought out the possibilities in an emergency ahead of time, this will help you to control your panic reactions, make correct decisions and assist others.

Where Do You Spend Your Time?

The average person spends *well over half* of his or her time *at home*. The planning and preparation you do at home can and should have vital application at work, at school, or during recreational hours. ***Remember: a disaster can strike at any time and at any place.***

PREPARATION IS THE KEY TO SURVIVAL!