

DISASTER RELIEF

ASSIST THE POOR



P·E·A·C·E

Disaster Relief and Refugees

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SADDLEBACK CHURCH



P·E·A·C·E

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Welcome



Hi Friends!

It is my desire for your life and your church to be blessed by God as we work together to do the unimaginable.

Together, let's care about what God cares about most: his lost children being found, caring about "the least of these" and growing his church, that is, growing warmer through fellowship, deeper in discipleship, wider through ministry, and all around the world through evangelism. That is what God wants.

At Saddleback Church, we focus our outreach efforts to do the five things that Jesus did during his ministry time on earth, the five things that we call The PEACE Plan. It is our desire to not only do what Jesus did but also to focus on empowering churches around the globe to do the same.

Get ready for God to use ordinary people in your church in extraordinary ways!

I am so glad that you are here on the very front end of this exciting and world-changing adventure.

Pastor Rick Warren

Rick Warren

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Lesson 1—Form Your Team: Develop the Leadership Team for Your Church

Introduction

Mission

- Assist individuals church staff and ministry leaders in disaster preparedness
- Assist people impacted by disasters with compassionate care and love of Jesus Christ that comforts the hurting and gives hope to the hopeless
 - ° A lot of what we do is not necessarily just the physical work, but we come alongside the survivors of the disaster and sit with them and help them try and recover emotionally from what they have experienced.

Values

- Be prepared so we have the capacity to assist others impacted by disaster
- Share Christ's love, mercy and grace with the people impacted by a disaster by meeting physical, emotional and spiritual needs
- Honor and build up the local church
- Work collaboratively with church, businesses, governments, and NGO's
- Lead with service NOT solutions, with relationships NOT dependency

Strategies

- Establish a disaster plan for the church
- Train small group leaders to teach disaster planning to their group
- Partner with local churches and support local pastors
 - ° Network with other churches when it comes time to serve. It is always better to join together.
- Partner with Christian Disaster Relief organizations

° This is often a good way to get the needed tools to a disaster area. Often the necessary equipment for a particular job will not be transportable to the disaster site. For example, you are not allowed by airlines to pack chainsaws on airplanes. Therefore, it is often necessary to connect with an organization that is in the area which has chainsaws or has already brought them in.

Attributes of a Disaster Response Ministry Leader

1. Positive mental, social, and spiritual attitude
2. Willingness to serve
3. Has previous disaster response experience
 - a. Sometimes in starting a disaster relief ministry it is not possible to find someone with this kind of experience. In these cases, it is alright to appoint a novice. This is not ideal but it can work.
4. Compassionate
 - a. Remember, the leader will be constantly meeting with people who have just faced disasters and require compassion.
5. Natural leadership quality—someone who inspires others to follow
6. Organized and detail oriented
7. Able to form and nurture partnership relationships with other organizations
8. Good public speaker
9. Able to facilitate communication between groups and individuals
10. Problem solver
 - a. Even the best of plans will have to change on the field. This leader will have to be able to assess a problem and modify the plan accordingly in a timely fashion.
11. Flexible
12. Physically fit
13. Able to think on their feet, to prioritize tasks, and create a plan of action
14. Encouraging to all members of the team

The above list is not exhaustive by any means, but a current/retired first responder or someone who works with non-profit organizations could possess many of the above.

Responsibilities of a Disaster Response Ministry Leader

Before the Disaster Event

1. Work with church pastor to outline the scope of future relief response.
 - a. Discuss disaster events that could warrant response in your area (not all disasters occur in all regions—earthquakes, tornadoes, ice storms, hurricanes, etc. are usually limited to certain geographic regions).
 - b. Establish criteria for response—limited by what parameters: proximity, partner churches only, etc.
 - i. If specific churches only—establish a list of which churches
 1. Do you only want to respond with established churches? Perhaps only for a time as you get your start?
 - ii. Begin a network of communication with these target churches
 1. Ahead of time, you need to create open communication with partner churches. That way when something happens, you're not introducing yourself into the situation.
 - iii. Begin to outline church policy on assistance to non-network churches (because when disaster strikes, it will happen)
 1. Disasters affect everybody whether they are believers or nonbelievers. Think about who you can minister to.
 - c. Outline assessment procedures and timelines to address logistical concerns, security, transportation, housing, feeding, etc. of team.
 - i. Regarding housing accommodations, try to avoid places like hotels and motels so that survivors can stay in those places. Sometimes staying in one of these locations will be unavoidable and if so, it is perfectly alright.
 - d. Establish an assessment team
 - e. Discuss and document church financial policy and how it relates to disaster response
 - i. Who is the church able to pay expenses for? Leaders? Volunteers? Answers will vary for every church.
 - f. Take inventory of church resources that can be utilized for disaster response
 - g. Insurance for team
 - i. Note: This may be different in your church for national and international disaster responses.

2. Reaching out to regional Disaster Response Organizations and developing a relationship with them and what logistical support they can provide to a team in the event of a disaster.
3. Identifying Team Leaders within the church (attributes and responsibilities of a Team Leader are to follow).
4. Training Team Leaders how to deploy a team to provide emotional, physical, and spiritual support including training on personal safety, situational awareness, and basic equipment (ladders, hammers, protective equipment) use.
5. Basic training on psychology of disaster and basic listening skills.
6. Providing Team Leaders with the church policies and procedures related to all aspects of Disaster Response (theological, practical, financial, organizational, travel arrangements etc.).
7. Establish a network of communication within the church through small group leaders
 - a. Social media and email may be helpful tools for this.
8. Conduct Disaster Response orientation for potential team members
9. Establish post-deployment debrief protocol and formulate strategy to assist team members that may have difficulty.
 - a. This is essential because during response trips, team members will often see or have traumatic experiences. Some of the team members will have difficulty coping with those experiences upon returning to their homes and will need ministerial attention.

After Disaster Has Occurred and Deployment Is Necessary

1. Reach out to the previously established list of specified churches referenced above. All of our relief work is done by and through our network of small groups, making it easier to rapidly mobilize a large volunteer force quickly. “Always be ready to do whatever is good” (Titus 3:1b, NIV).
2. Engage the local churches as relief centers.
 - a. Local congregations are the best base camps because
 - i. They are already in place
 - ii. They know and are trusted by the community
 - iii. They have volunteers in place

- iv. Compassionate service is part of their mission
 - v. They are part of an existing network
 - vi. They will remain after the relief teams leave
- b. "I will build my church, and the powers of hell will not conquer it" (Matt. 16:18, NIV).
- 3. Link with Public and Private Partners
 - a. Government will provide rescue evacuation services, business provide expertise and capital, and church provide people, distribution centers and long-term care. It takes all 3 groups working together. "Two are better than one, because together they can work more effectively" (Eccl. 4:9).
- 4. Include Physical, Emotional, and Spiritual Support
 - a. Churches provide personal support that government cannot.
 - i. Walking alongside people in their suffering and listening to what they have just been through is very beneficial to people. It might seem too simple, but listening to survivors is both necessary and effective when they have been through a trauma.
 - b. "God puts poor people on their feet again; He rekindles burned-out lives with fresh hope, restoring dignity and respect to their lives" (1 Sam. 2:8, Mes.).
 - i. This is the goal. Regardless of how small you might feel your task is, you are needed.
- 5. Empower Survivors to Help Themselves
 - a. People recover faster when they help in their own recovery. We treat people as equals. "Show respect for all people" (1 Peter 2:17, NCV).
- 6. Fund What Is Overlooked
 - a. Our relief offerings are used for strategic needs that typically go unnoticed.
 - i. Generally, Saddleback sends funds to local churches which then distribute them where they are needed.
 - b. "Two good things happen as a result of your gifts-those in need are helped, and they overflow with thanks to God" (2 Cor. 9:12, LB).
- 7. If a church reaches out that is not in your established network, per previous discussion with your church pastor as cited above, formulate a disaster response plan.

Post-Deployment

- 1. Meet with Team Leaders to discuss details of deployment including:
 - a. Personnel that responded

- b. Work performed
 - c. Partnerships in the field—with whom and how did they work?
 - i. Once again, this is subject to change between the planning stages and the actual on-field response. Relief teams may find out that the group they had planned to partner with is not actually the best one for what is needed at the time.
 - d. Logistical difficulties
 - e. Suggestions for next deployment
2. Write up a post-deployment report with issues/suggestions for next deployment to submit to church leadership.
- a. This is not necessarily a formal report. It can take the form of an email stating the information above.

Attributes of a Disaster Response Team Leader

1. Positive mental, social, and spiritual attitude
2. Able to take direction
3. Organized with good attention to detail
4. Good communicator
 - a. This is key since the Team Leader is the person in charge of relaying information back to the church.
5. Adept at problem solving on the fly
6. Able to communicate clearly and facilitate communication between individuals
7. Flexible
8. Can prioritize tasks, formulate an action plan

Responsibilities of a Disaster Response Team Leader

Before the Disaster Event

1. Has been identified by the Ministry Leader and has completed one or more Disaster Response deployments (or other requirements as outlined by the Ministry Leader)
2. Has completed all training as outlined by the Disaster Response Ministry Leader including but not limited to:
 - a. Disaster Orientation
 - b. Safety Training
 - c. Psychology of Disaster Training
 - d. Financial Policies and Procedures Training
 - e. Any other specialized training/requirements as established by the Ministry Leader
3. Has been apprised by the Ministry Leader of available resources for Disaster Response.
4. Begin to reach out to church congregation to collect names of people interested in Disaster Response through whatever means the church has deemed is appropriate—social media, emails, phone calls, etc.

After Disaster Has Occurred and Deployment Is Necessary

1. Reach out to potential team members and/or small group leaders to build team.
 - a. Check team member's dietary restrictions and instruct them to make necessary arrangements. On the field food variety will be limited. Therefore people with special diets will need to plan ahead and provide their own food.
2. Work with Ministry Leader/Assessment Leader to formulate a plan for response.
3. Contact other disaster relief organizations your church has a relationship with.
4. With the Ministry Leader, formulate a response including financial considerations, logistics, travel, transportation, food, availability of PPE (Personal Protection Equipment), and a general idea of type of work to be performed.

- a. This needs to include all potential costs (travel, food, lodging, etc.) and back-up plans for unexpected costs. If the church is not able to handle unexpected costs, it is recommended that you tell your team members before departure that if unforeseen expenses arise, they may be required to cover some of the charges.
5. Ensure team members have completed Disaster Orientation.
6. Compile a list of provisions team members will need to bring with them on deployment (including prescriptions, rain gear, PPE, etc.).
7. Comply with all church policies and procedures regarding financial issues, travel arrangements, insurance, personnel demographics (can males and females travel together for example?).
 - a. Consider what to do in the eventuality that a team member becomes unfit for service and needs to be sent home.
8. Communicate clearly and frequently with members and Ministry Leader on all details of deployment arrangements including:
 - a. Travel requirements—CDL, Passport required
 - b. Sleeping conditions
9. To travel with team at all times and monitor safety and health of all team members.
10. Perform daily devotions.
11. Hold daily team meetings/briefings on rapidly changing situation.
 - a. These are essential as both team leaders and members will need to talk about their experiences in order to process them in a healthy manner. The worst thing they can do is to “bottle it up” because that will prevent them from emotionally healing.
12. Ensure enough food, water, and PPE will be available for all team members for the duration of the deployment.
13. Be aware of the rules of the road in the area you are responding to.

Post-Deployment

1. Return any borrowed resources to your church.
2. Comply with all church policies regarding money/financial procedures.

3. Meet with Ministry Leader to discuss positive/negative events during deployment and write a short paragraph describing the overall trip and suggestions for next deployment.
4. Check in with team members 2 weeks post deployment to discuss any difficulties transitioning back into normal routine. Provide resources to team members as needed and defined by Ministry Leader.

Lesson 2—Personal & Family Disaster Preparedness

Saddleback Church Personal & Family Disaster Preparedness

Introduction

Our Goal is to help families become prepared and develop a plan to survive following the events of a disaster and to minister to others.

A **disaster** is defined as anything that causes human sufferings or creates human needs that the survivor or their community cannot alleviate themselves.

Today more people live in disaster prone areas than in anytime in history. Our populations are growing and people are living in closer proximity all the time. Even relatively small emergencies can become disastrous if you and your family are not prepared. This is the reason we are encouraging people to prepare themselves, their family, their Small Groups and their neighborhoods for an emergency or a disaster.

In the event of a major emergency or disaster, it may take a few days or worse case a few weeks for help to reach your family. Emergency Services, fire, police and City and County services will be impacted during a major emergency or disaster and will often not be available for routine emergency calls for several days. Emergency responders must prioritize their responses to those incidents that affect the greatest potential for life loss and property damage. Therefore, it is important for you to prepare your family to survive in the event a disaster impacts your community. Families are encouraged to develop a plan and assemble a disaster kit to ensure survival until relief arrives.

The real disaster begins when an earthquake or the event that caused the disaster has ended. This is when you have to deal with the devastation and destruction that is left. Being prepared will help you get through the event and on the road to recovery faster and with less stress. Without a plan you will be forced to make decisions and possibly expend financial resources without the advantage of being able to research them. Don't let the stress of an emergency dictate bad decisions that could be eliminated or reduced had you pre-planned. You will also find yourself consumed with dealing

with your problems and will not be available to help others who might actually be in greater need.

We know that the Great Commandment is not optional, but a “commandment”. We are commanded to **LOVE** each other. We also know the Bible directs us to feed the poor and look after children and orphans. We need to be equipped to be available to God even during times of hardship. Disasters provide an opportunity to show the love of Christ and to help carry your neighbors’ burdens.

The Great Commandment: Matthew 22:37–39

Jesus replied, “Love the Lord your God with all your heart and with all your soul and with all your mind.” This is the first and greatest commandment. And the second is like it. “Love your neighbor as yourself.”

Romans 15:1

We who are strong ought to bear with the failings of the weak and not to please ourselves.

Galatians 6:2–5

Carry each other’s burdens, and in this way you will fulfill the law of Christ. If anyone thinks he is something when he is nothing, he deceives himself. Each one should test his own actions. Then he can take pride in himself, without comparing himself to somebody else, for each one should carry his own load.

Galatians 6:7–10

Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.

Ephesians 3:20

Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us.

We know we are not immune from any disaster and it is our responsibility to be prepared and to assure our family is prepared. The goal of this manual is to help you prepare for a disaster as simply as possible.

Disaster Planning

Before a Disaster Strikes – Be Prepared

Developing a Family Disaster Plan

The first step in developing a Family Disaster Plan is to identify the disaster hazards that may affect your community. Examples are chemical spills, earthquakes, fires, floods, hurricanes, power failure, acts of terrorism, tornadoes, transportation accidents, snow/ice, etc. Take time to educate your family about the disasters that can happen in your community or to your family. The purpose is not to frighten family members but to help them identify the possibilities and develop an appropriate response.

After identifying the disaster hazards, determine the needs of your family in case such an event occurs. A list should be **created “by” your family “for” your family** so any special needs and desires of your family can be considered. This list should cover what it would take to survive for three to five days in the event of a disaster. Take time to write your Family Disaster Plan on paper so no one will forget. Then practice your plan and review it at least once a year.

Have a Family Evacuation and Communication Plan

Discuss with your family and especially your children what to do if the family becomes separated. There is a good chance that the family will be separated at the time of a disaster—work, school, sports, you name it. Don't leave this to chance, plan for it and know what to do. Have a meeting place and communication plan established. Discuss not only where your family can meet but how you can communicate. Remember, cell phone sites may not be working so discuss alternatives. Consider an Out-of-Area contact and possible phone cards for all members of your family. You can easily make up an emergency communication card that each person can carry with names and phone numbers listed in priority as well as pre-established meeting sites.

Out of Area & Emergency Contacts

Your family should identify an out-of-area or out-of-state contact person. A family member or friend identified as a contact person may become the one person who can provide information on the whereabouts and status of family members, especially if you become separated. This is also a good role for members of your Small Group.

Make Emergency Contact Cards for Family Members

1. Make out the cards together
 - a. You can make cards specific for each family member
 - b. Be imaginative and include information you think is useful
 - i. All family member mobile phone numbers
 - ii. Phone numbers of close friends, relatives and small group members
 - iii. Out of area contacts
 - iv. Names, addresses, phone numbers, email addresses and information your family needs in a disaster
2. Print cards on regular paper and check them.
 - a. Do a little roll play with it, kind of a mini-emergency drill
 - b. Make sure this is the information you want – Be accurate!
3. You can take the cards to an office supply store and have them laminated.
 - a. Consider what you want in your wallet
 - b. Have some laminated like luggage tags that can be zip tied to a backpack or your Emergency Car Kit
 - c. Two cards laminated back to back can give you more information
4. Make sure each family member has an Emergency Contact Card
 - a. In your wallet or purse, attached to your child's school backpack
5. Keep the Emergency Contact Cards Current
 - a. Keeping the information on your computer will make it easy to keep your contact cards and emergency plan current.
6. Enter Emergency Contact information in your cell phones, also.

Emergency Shelter

Careful consideration must be given to sheltering your family during a disaster. This decision will depend on the size and nature of the disaster.

1. Is your home damaged? To what extent?
2. Do you need to evacuate the neighborhood?
3. Can you travel outside of the area?
4. Do you have utilities?
5. Can you remain in your home SAFELY?

Other options for your family are public shelters sponsored by the American Red Cross or your church. Be prepared to take clothes, medications, blankets, sleeping bags, and items to entertain family members.

Should you need to evacuate the area, use routes that have been identified in your Family Disaster Plan. Know the predetermined place your family should evacuate to. Obtain several local maps and mark or highlight your pre-determined meeting places and routes. Place a copy of this map in your Family Kit and in your Car Kit and review it on a regular basis.

If your family owns a camper or tent, you can use them to shelter your family until evacuation is possible or until outside help arrives. If necessary, your family can use a van or automobile for shelter until better accommodations are available. Do not run the engine with you or your family just sitting inside the vehicle. The dangers of carbon monoxide poisoning are too great to allow the vehicle to run with your family inside.

Never run a generator indoors or where there is not sufficient ventilation. Always follow the manufactures instructions and recognized safety practices. Never use a non-vented heater, BBQ, or open flame cooking stove inside. All open flame devices give off DEADLY carbon monoxide.

You may not have to move out of your home just because there is a disaster. Moving out would only be necessary due to major damage to your home or when requested to evacuate due to some other threat. It is a good idea to have home repair tools and spare parts available and accessible following an emergency. This may save you a lot of grief and make your time following a disaster a bit more comfortable. If you are capable, you

may want to consider having a ladder to reach your roof and several thick plastic tarps to make temporary repairs to a damaged or leaking roof following a disaster, in case a roof repair person is not available. If you have a tile or concrete shingle roof it may be too dangerous to make temporary repairs. You can also use the plastic tarps inside your home to divert water leaks and cover furniture to prevent further damage.

Safeguard Important Documents

After a damaging disaster or emergency you will need vital personal documents and information for insurance claims, disaster loans, and other matters. Keep the following items and documents in a safe fire/water proof box, safety deposit box, or other safe place. Make a list of these items and their location so you will know where they are in a time of stress. Take digital photos of your valuables and of each room in your home. This may prove very helpful in documenting a loss from a fire, earthquake, flood or even a break-in. *You may want to make copies or scan these documents and keep them in a remote safe location and on a portable flash or hard drive.* Remember: Back up your computer on a regular basis. Some of the items listed below you may not want to keep on the hard drive of your computer due to identify theft without adequate protection. If you need to evacuate, take these important items with you and keep them secured:

1. Social Security Cards
2. Birth certificates
3. Copies of Will or Trust
4. Passports & Immunizations Records
5. Marriage & death records
6. Insurance Policies (House, Apartment, Vehicles, Life, Health Dental)
7. Income tax returns
8. Mortgage Deed(s)
9. Mortgage or Rental receipts
10. Vehicle / Recreational Vehicle / Boat Registration & Certificate of Ownerships
11. Receipts for major purchases and/or documentation of valuables
12. Employee paycheck stubs
13. Stocks, bonds, retirement account information

14. Savings and checking account books
15. Credit Cards
16. Medical Information
17. Photos of all family members (recent – for identification purposes)
18. Photos of valuables

What are other items that you will need?

Inspect Your Home for Hazards

Your home inspection will assist you in removing those items that could cause a major emergency like a fire or contribute to damage and injures during an earthquake or other disaster. Your home inspection will also assist in helping to determine where your family disaster kit should be kept. Use the home inspection as a learning opportunity for your entire family. Do it together and correct any hazards together, unless they require a professional. Make repairs before they become a problem. This exercise may save you time and money in determining needed repairs before they become too costly.

1. Water heater earthquake straps on and secure
2. Water heater is properly vented
3. No flammable or combustible materials or liquids stored near your water heater
4. Inspect for fire hazards – See Fire Safety
5. Secure any items that may fall during an earthquake.
6. Consider using Velcro earthquake holders on heavy appliances
7. Consider using child-proof latches on cupboards, this will prevent them from opening and items falling out and breaking during an earthquake
8. Secure heavy cabinets to the wall to prevent falling over
9. Maintain a brush clearance of 100' if living in wildland interface area
10. Make sure your disaster supplies are accessible.

What are some hazards that need to be corrected / repaired in your home?

Family Disaster Kit

Maintain this home kit in a secure, easily accessible location for all family members. All family members and babysitters need to know your plan and where your kit is stored. Prepare Emergency/Disaster Kits that will fit your family's specific needs. It is easy to go out and buy a pre-made kit; but will it meet your family's needs in the time of a disaster and more importantly, will you know what is in it and how to use it in the time of an emergency?

A simple rule for basic emergency preparedness: You need to be prepared to be on your own for at least seven days. So, if you have food, water, clothing, prescription medications, first aid supplies and provisions for going on a seven (7) day wilderness camping trip with your family – you are basically prepared.

Food and Water

Stock up on food that you and your family will eat. During a disaster is no time to try unfamiliar foods (unless you have to). Stock your pantry with easily stored foods that do not need refrigeration and do not require cooking. Remember to rotate your food supplies and water. Following a disaster where your electricity is out, eat the refrigerated food first and then the frozen food. Keep the refrigerator and freezer door closed to prevent the food from spoiling. Be cautious if the power is off too long for spoiled food; if in doubt, don't eat it!

- Water (one gallon per person per day)
- Bleach for water purification [See How to Purify Water in an Emergency]
- Non-perishable food you and your family will eat and enjoy
- Non-electric can opener and bottle opener
- Barbeque, camp stove - **Never use indoors!**
- Fuel for cooking
- Mess kit or plastic utensils, paper cups, plates, and towels
- Heavy duty aluminum foil and plastic wrap
- Zip-lock bags (various sizes)
- Large Trash Bag

- Foods for infants, elderly persons or persons on special diets
- Pet food (if you own or are responsible for a pet or animal)

Communication and Lighting

- Cell Phone with battery charger (12v car type and 110v house charger)
- Portable battery-operated Family Radio Service/General Mobile Radio Service (FRS/GMRS) Radios (walkie-talkies) with an 8 to 14 mile range and extra batteries, one for every member of your family
- Portable battery-operated AM/FM radio and extra batteries
- Portable battery-operated lantern with extra batteries
- Flashlights and extra batteries and bulbs
- Light sticks
- Candles and matches or lanterns (use caution with open flame devices)

Sanitation Supplies

- Large plastic trash bags
- Toilet paper
- 5 gallon bucket
- Toilet Seat (camping type toilet seat on legs)
- Toiletries
- Feminine and infant supplies
- Pre-moistened Towelettes
- Shovel
- Plastic tarps & rope to hang
- Solar Shower(s)

Portable Toilet: Line a 5 gallon bucket with a large trash bag, place a camping type toilet seat over the bucket and you have a “fine” emergency toilet. You can use plastic tarps to make a privacy curtain.

First Aid Kit

- Take a First Aid and Cardio-Pulmonary Resuscitation (CPR) course offered at Saddleback Church.
- Current medication and prescriptions
- First aid manual
- CPR Barrier Protection Mask
- Sterile adhesive bandages (assorted)
- 2-inch sterile gauze pads
- 4-inch gauze pads
- Ace bandages (2)
- Hypoallergenic waterproof adhesive tape
- Triangular bandages
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Emergency "Space Blankets"
- Scissors
- Tweezers
- Mirror
- Pre-moistened towelettes or antibacterial gel
- Neosporin
- Thermometer
- Anti-bacterial soap
- Medical gloves
- Surgical/Dust Mask (N-95 preferred)
- Sunscreen
- Insect Repellent
- Aspirin or non-aspirin pain reliever

- Anti-diarrhea medication
- Antacid

Special Items

- Bible
- Cash (small bills) and credit cards
- Clothing – comfortable and appropriate for the weather
- Shoes – comfortable that provide support and safety
- Paper and pencil and/or pen
- Fire extinguishers
- Blankets and sleeping bags
- Extra prescription glasses, contact lenses and solutions
- Good books, toys and board games
- Important documents and numbers
- Hand tools (including adjustable wrench for shutting off gas valve)
- Fasteners – nails and screws
- Duct tape
- Plastic tarps
- Whistle
- Signaling device (flares, mirror)

Items to Consider

- Gasoline powered generator. NEVER run indoors or in a non-vented area.
- Spare Fuel – safely stored in approved containers in the garage near the garage vents. This fuel should be rotated, so use it with your lawn mower and remember to keep it full. Do NOT store flammable or combustible liquids nears the water heater.

- Tools for demolition and repair. Do NOT buy tools you are not familiar with their operation. BE SAFE. These tools need to be stored for easy access.
- Work Gloves
- Safety Glasses or Goggles for eye protection
- Dust Masks (N-95 Rated are recommended)

Storage of the Family Disaster Kit

Care should be taken to provide adequate and safe storage. Keep your disaster kit in a dry, cool place. The kit should be covered to protect the supplies and foods from being damaged. Food and water should be rotated at least every six (6) months. If you can, dedicate a cabinet in the garage to store your disaster kit. This will make it easy to check, re-stock and rotate your water and food items. It will be a location everyone will be familiar with.

Be sure to periodically inspect the items in your disaster kit for spoilage and expiration dates. One suggestion is to do this with the ***time change each spring and fall***. Change the batteries in your smoke detector and replace food in your disaster kit as needed during this time.

Emergency Car Kit

Because you never know when a disaster may strike, you need to be prepared while traveling. Keep supplies in your car for the unexpected.

Gasoline stations will probably not be operating or will be extremely crowded. Therefore, remember to keep your fuel tank full. Refuel when your car gets to ½ tank. Another point: When parking REMEMBER WHERE YOUR CAR IS PARKED. Make a mental or written note.

- Bible
- Out of Area and Emergency Contact Cards
- Comfortable clothes and shoes for each member of your family. (These can be clothes & shoes you no longer wear)
- Personal hygiene items, tooth brush, tooth paste, soap, towels, etc. for each member of your family

- Cell Phone Charger
- 12 volt (DC) to 110volt (AC) Inverter
- Portable battery-operated AM/FM radio and extra batteries
- Portable battery-operated FRS/GMRS (Family Radio Service/General Mobile Radio Service) Radios with a to 8 to 14 mile range and extra batteries (one for every member of your family)
- Portable battery-operated lantern with extra batteries
- Flashlights and extra batteries and bulbs
- Blanket(s)
- First-aid kit
- Maps – Include your emergency evacuation routes
- Fire extinguisher (5lb., A-B-C type)
 - Know how to use your fire extinguisher
- Bottled water (minimum of 2 quarts)
- Non-perishable high energy foods, such as granola bars, raisins, peanut butter
- Flares and/or light sticks
- Shovel
- Tire repair Inflator/Sealant (Example: Can of “Fix A Flat)
- Booster cables
- Duct tape
- Tire chains, if you live or travel in areas prone to ice and snow. Tire chains are effective in mud for emergencies.

Work, School, Personal Travel Emergency Kit

Because you never know when a disaster may strike, you need to be prepared while at work, school, traveling, or wherever you are. Keep supplies in a backpack or gym bag for the unexpected emergency or disaster.

Like all of the other lists in this manual, you do not need to include all of the items in your Emergency Kits. The lists are to help you develop an Emergency Kit that will meet your specific needs and those of your family.

For this kit keep it small and compact so you will have it ready whenever you are at work, school, or travel.

- Bible, travel size
- Out of Area and Emergency Contact Cards
- Comfortable change of clothes and shoes
- Personal hygiene items, toothbrush, toothpaste, soap, towels, etc.
- Prescription Medications
- Spare set of prescription eyeglasses
- Cell Phone & Charger
- Small Flashlight and extra batteries
- First-aid kit - Store in a zip lock baggy
 - CPR Barrier Mask
 - Medical Gloves
 - Band aids
 - Neosporin
 - Pain Reliever
 - Aspirin (can be used for chest pain – take First Aid & CPR Class)
 - 4x4 sterile gauze pads
 - 3-inch sterile roller bandage
 - Medical Tape
- Compass and/or Handheld GPS (Global Position Satellite) Navigation Receiver
- Multi-Tool (Leatherman or similar type tool/knife)
 - Obviously NOT for a Child's School Kit

- Remove prior to flying
- Water Bottle (1 Liter)
- Non-perishable high energy foods, such as granola bars, raisins, peanut butter
- Trail Mix

Test Your Kit and Your Plan

Training is an important part of your Family Disaster Plan. Invest time in practicing the Family Disaster Plan with each family member. Training gives family members confidence and experience. The stress of a disaster situation is not the time to try to figure out how to do something new or use a new piece of equipment from your family disaster kit. The non-threatening atmosphere of pre-event training is a better time for familiarizing your family with your disaster plan and equipment.

Train with Your Family - Practice Your Family Disaster Plan

Remember: The way you train or practice is the way you will respond under stress during an emergency.

A great way to enjoy family training is the indoor camping trip. Pick one evening before dinner to review your Family Disaster Plan and your Disaster Kit. Then, say from 5:30PM or so until the next morning be together with your family with NO POWER. You cannot use the lights, watch TV or use the stove or oven and you cannot use water from the tap.

You can use your supplies or what you have available as long as you don't use your household utilities. Practice like it is a real disaster. Use your cell phone to make a call to your out-of-area contact, cook your meals or eat them from the package without the stove, oven or microwave. Have fun with this, because if you cannot make it one night, what will happen during a real disaster?

Your Family Disaster Plan training should also include how to use the equipment in your family disaster kit. Examples of what should be covered during a training time are how to place batteries in a radio or flashlight and how to light a lantern, candles, or camp stove safely. Learn how to shut-off utilities and when they need to be shut off. Make sure all responsible people in your household know how.

Planning for a rendezvous site for your family in the event of an emergency should also be part of your family's disaster plan. If your family had to evacuate your home

during an emergency, where would you meet? Meeting in a neighbor's yard or on the street corner could save the lives of family members. You should also plan a place to meet if you are unable to return to your home following a disaster. A local store, church, or a relative or friend's home could become a rendezvous site outside your neighborhood. Your family should know where to rendezvous outside your neighborhood.

This is a great time to teach your children and for your entire family to practice the DROP, COVER, and HOLD ON procedure to protect yourself during an earthquake; as well as STOP, DROP, and ROLL if your clothing catches on fire. While these are elementary, they do save lives.

Have fun with your family and practice your disaster preparedness plan by having an indoor or backyard camping trip.

Family Disaster Plan Checklist

- Develop a list of the supplies your family will need in the event of a disaster.
- Develop a list of training needed by your family (schedule the training and attend).
- Select your out-of-area contact person.
- Practice your Family Disaster Plan.
- Locate and know how to shut-off the utilities for your home.
 - Gas Meter Location: _____
 - Electric Panel Location: _____
 - Water Meter Location: _____
 - Water Valve at House Location: _____
- Assemble the family disaster kits.
 - Home
 - Car
 - Work / School
- Select a cool dry place to store the disaster kit.
- Identify the official community shelter nearest your family.

- Develop a list of telephone numbers you would need in a disaster. Include your Small Group members.
- Establish out of state family/friend emergency contact.
- Identify the relatives, friends, neighbors and Small Group members you should check on following a disaster.
- Identify emergency evacuation routes (at least 2 should be planned).

MAKE SURE YOUR ENTIRE FAMILY KNOWS AND HAS PRACTICED YOUR EMERGENCY PLAN AND HAS ACCESS TO ALL DISASTER SUPPLIES, PHONE NUMBERS AND OTHER IMPORTANT DOCUMENTS

If You Are Part of a Bible Study Group, Plan with Your Group

Your Small Group is your extended church family. They should be your prayer, spiritual, emotional, and physical support partners. When you have a need, your Small Group is there to support you. In an emergency or disaster your Small Group may be the best ones to help you and provide support; likewise you need to be committed to them. Make sure you share with your Small Group your disaster plan. Plan a Small Group meeting specifically to discuss what to do in the event of a major emergency or disaster.

- Establish a Group roster including all addresses, contact numbers, and email addresses.
- Plan to look after each other's homes while members are away.
- Following a disaster conduct a welfare check on each person in the group.
 - ° This information can be useful to assist in locating missing family members and to provide needed assistance.
- Discuss disaster plans at least once a year in your Small Group.

Seek Additional Emergency/Disaster Training

An essential part of being prepared is knowing what to do when someone is sick or injured. **First Aid and CPR (Cardio-Pulmonary Resuscitation) training** is highly recommended for everyone. Saddleback Church Healthcare Ministry provides first

aid, cardiopulmonary resuscitation (CPR) training and basic first aid on a quarterly basis.

In your effort to become prepared for a disaster or emergency either at home, work, school, on-vacation, or in the mission field seek additional opportunities to have your family trained in disaster relief. Many local, city, county, and state emergency management agencies provide training for disasters common to their area. Educating your family about emergency management services at all these levels will help them understand the role of the various agencies during times of disaster.

The American Red Cross also provides training in the following areas: disaster services, first aid, cardiopulmonary resuscitation (CPR), mass care, and sheltering.

Shutting Off Utilities

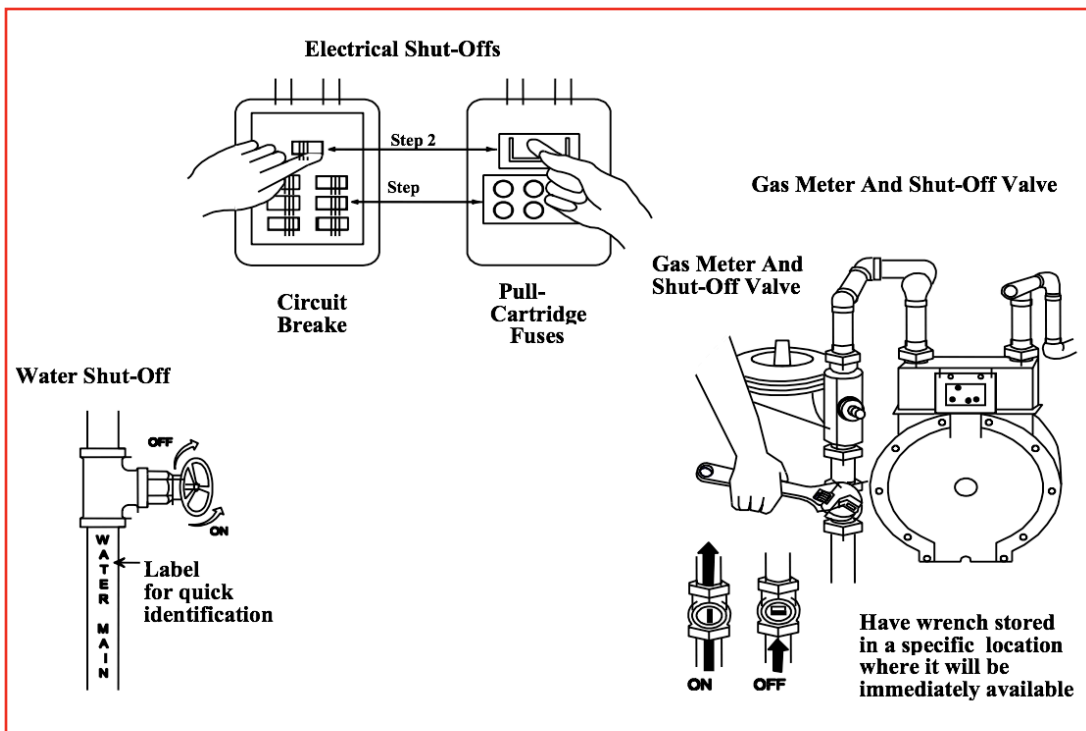
Inspect your house. Turn off utilities that are damaged and those you suspect are damaged. You will need to have the utility company turn these utilities back on once the service has been repaired.

Do **NOT** shut off utilities if there is no reason to do so

- If water is leaking or you hear water leaking shut off the water valve.
- If you smell gas or hear gas leaking shut off the gas valve.
- If you have arcs and sparks or wiring is exposed shut off your circuit breaker.
- Use caution, wear shoes and do NOT stand in water when shutting off a circuit breaker. Shut off all circuit breakers individually before shutting off the “Main” circuit breaker.
- Store a wrench pre-set or the correct size for your gas valve in a specific location available for immediate use.

How to Shut Off Electricity, Gas and Water in an Emergency

- These are illustrations for example only. They are the most common type of shut off valves and switches—yours may be different
- Automatic gas shut-off valves are available through many local utility companies or private plumbers



Detailed Instructions in Shutting Off Utilities

Check gas, water and electric lines. If damaged, shut off service. If gas is leaking, don't use matches, flashlights, appliances or electric switches. Open windows, leave building, and report to gas company. **TURN OFF YOUR GAS METER** at the main/shut off valve. The following details on gas meters and water heaters are based on models in the United States. Check your manuals to make sure they apply to your own utilities.

If your building has suffered extensive damage, such as large cracks in the walls or in the concrete slab floors, etc. **AND** you suspect the gas lines may have been damaged exit the building immediately. If you smell gas don't turn on or off any switches.

Don't use any open flame to check for leaks. Don't turn on any battery-operated flashlights, unless they are safety rated waterproof lights. Chemical light sticks are a safe source of light in the event of a gas leak. It is very dangerous, and therefore not recommended that you go searching for gas leaks inside any damaged building. After an earthquake, aftershocks will continue to occur, possibly causing additional damage (or even first damage) to your building(s). Do not turn the gas valve back on

after an earthquake, unless a qualified person has checked extensively for gas leaks. A qualified person or gas company employee will have to relight all the pilot lights.

GAS SHUT OFF: Locate the main gas shut-off (usually outside the house) at the gas meter. The valve is usually on a pipe coming out of the ground, going into the gas meter. Turn the valve crosswise to the pipe (see the example on **HOW TO SHUT OFF ELECTRICITY, GAS AND WATER IN AN EMERGENCY**). All the pilot lights in and around your home (stove, furnace, clothes dryer, swimming pool/spa heater, water heater, etc.) will go out when you turn the valve off. You will need to have the gas company, or another qualified individual, relight every pilot when the gas is turned back on. Forgetting to relight all the pilot lights could result in a dangerous gas buildup in your home. If you are concerned about your ability to turn off the main gas shut-off valve or unsure if it is in proper working order (indication of rust, etc.), or do not know how to relight your pilot lights, contact your local gas company. They can send a service representative to your house to show you the proper procedure and check the valve and pilot lights to be sure they operate properly. Clear the area around the main gas shutoff valve for quick and easy access in case of an emergency. A gas shut-off wrench for turning off the gas should be attached to a pipe next to the shut-off valve or in another easily accessible location. Remember, if you don't smell gas or have severe damage to your home, you should not have to shut the gas off. It's your decision. Automatic gas shut off valves are an excellent way to ensure that your gas is shut off in case of a major earthquake. With an automatic shut off valve, your gas will be off even if you aren't home at the time.

ELECTRICAL SHUT-OFF: Locate the main electrical shut-off. Your house may be equipped with fuses or circuit breakers. If your house has fuses, you will find a knife switch handle or pullout fuse that should be marked "MAIN." If your house has circuit breakers, you may need to open the metal door of the breaker box to reveal the circuit breakers (never remove the metal cover). The main circuit breaker should be clearly marked showing on and off positions. Turn off all the small breakers first, and then turn off the "main." If you have any sub panels adjacent to the main fuse or breaker panel, or in other parts of the house, in an emergency be safe and shut them off too. Shorts can sometimes develop to cause a circuit to bypass the breaker or fuse. Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

WATER SHUT OFF: Locate the main water service pipe in your house (probably in the front where your garden hose is connected). You will see a gate valve or a $\frac{1}{4}$ turn valve on the pipe. If you know you have leaks after an earthquake, you can shut off all water in your house with this valve. You may wish to paint the valve so it is easy to find in an emergency. You can shut off all water to your property by finding the water meter box (usually at the street or sidewalk). Open the cover with a screwdriver. If this box is inaccessible or you cannot find it, call your local water department. Be sure to identify this box and the water valve inside before the need to use them arises. Inside the water meter box, you will see a valve that is similar to the valve on your gas meter. Turn it just the same as your gas valve. You can reach and turn the valve with a crescent wrench and screw driver to make a Tee-handle or purchase a wrench specific for this purpose. Check for sewage and water lines damage. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap.

How to Purify Water in an Emergency

Boiling is the most reliable method of purifying water.

- Bring water to a vigorous boil for 10 minutes.
- Allow to cool to room temperature.
 - Do NOT add ice unless you know the water that made the ice is pure.
- Note: At high altitudes, boil for a few extra minutes.
- Boiling does not remove chemicals.

Tincture of Iodine

- Tincture of Iodine 2%
 - 5-drops/quart for clear water or 10-drops/quart for cloudy water
- Mix well and let stand for 30-minutes. Water is now safe to drink.

Chlorine Bleach

- Household bleach 4% or 6%
 - 2-drops per quart for clear water or 4-drops per quart for cloudy water
- Mix well and let stand for 30-minutes. Water is now safe to drink.

Water Purification Tablets (Read & follow manufacturer's directions.)

Potable Aqua™ Emergency Drinking Water Germicidal Tables with P.A. Plus

(Available at REI or sporting goods stores)

Two Step Directions to treat one (1) quart of water

1. Add 2 tables of Potable Aqua (Part 1—Tettaglycine Hydoperiodide) to 1 quart or liter of water and cap loosely to allow a small amount of leakage. Wait 5 minutes. Shake container to allow screw threads on the closure to be moistened, then tighten cap. Wait 30-minutes before drinking.
2. P.A. Plus Neutralizing tablets are for use AFTER water has been treated with Potable Aqua. Wait a minimum of 30 minutes before using P.A. Plus tablets. Adding P.A. Plus tablets before 30 minutes may allow harmful bacteria to remain in the drinking water. DO NOT ADD POTABLE AQUA & P.A. PLUS AT THE SAME TIME. Add 2 tablets of P.A. Plus per quart of treated water. Shake container well. Wait 3 minutes before drinking. Tablets do not have to completely dissolve to be effective

Water Purification Filters

There are several commercially made water purifiers. They are available at REI and sporting goods stores that carry hiking and backpacking supplies. These are very effective in purifying water, especially following a disaster. Read the manufacturer's instructions. Again it must be stressed, learn to use your water purifier before you need it in an emergency. Make sure you have all of the parts and containers. Dish soap and bleach are effective in cleaning water storage containers. Lifestraws are also very effective.

PRACTICE WITH ALL EQUIPMENT BEFORE YOUR NEED TO USE IT!!!

Fire Safety

Prepare before a Fire

Prevent So You Don't Have One and Know What to Do if You Do Have One!

- Make sure every member of your household knows how and when to call 9-1-1.
- Program the Fire Department's ten-digit emergency phone number in your cell phones (Note: some cell phone areas in California reach the California Highway Patrol when you call 9-1-1). This will extend the fire departments response time.
- Install smoke detectors. Clean and test smoke detectors every month. ***Do It!*** All homes come with smoke detectors, but you should install extra smoke detectors. This is inexpensive insurance that can save the life of you or your family. The building code requires a smoke detector on every level of your home; however, install a smoke detector in every room, in the hallways and especially at the top of your stairway. If you have a furnace in the attic, install a smoke detector near the attic access so you can hear it. **Early detection saves lives! Don't regret not doing this later!**
- Change smoke detector batteries twice every year. A good time would be at the same time you change your clock for spring and fall or on a holiday or birthday. You should also check and rotate your disaster supplies on the same date.
- Establish a Fire Escape Plan for your family and make sure everyone knows it! Plan two escapes routes out of your home and out of each room.
- Establish a meeting place outside your home in a safe location.
- Teach family members to stay low to the floor when escaping from a fire.

Get Out Fast and Once Out—Stay Out

- Sleep with bedroom doors closed.
- Teach family members to never open doors that feel hot. In a fire, feel the bottom of the door with the palm of your hand and move up the door. If it is hot, do not open the door; use your alternate planned exit.

- Teach all family members to **STOP, DROP, and ROLL** if your clothes catch on fire. Keep rolling until the fire is out. If you witness someone with their clothes on fire, tell them to **STOP, DROP, and ROLL**. Douse the flames with water or use a blanket and smother the flames. NEVER run, this will fan the flames and make it worse.
- Keep a whistle in each bedroom to awaken household members in case of a fire. Develop a “fire alarm” that anyone in your family can sound in the event of a fire so everyone can safely and quickly escape. Some examples are a loud whistle, portable air horns (you know the one those obnoxious people blow during sporting events) or yelling fire. Teach your family when they hear this to not panic but to react as you teach them. **Remember: The way you train is the way you will react under stress**
- Purchase and install a fire extinguisher in your home. Teach every member of your household how to use it. Have your fire extinguisher inspected and recharged annually.
- A good first aid fire extinguisher is your garden hose. Have it accessible so it can be easily turned on and pulled to its needed location without being kinked.
- Have a collapsible ladder on each upper floor of your house.
 - Teach every member of your home to use this ladder safely.
- Make sure windows can be opened. If they have security devices make sure everyone in the house knows how to open them and can actually open the windows for escape.
- Consider installing home fire sprinklers.

Storage and Use of Flammable Items

- Never use gasoline, naphtha, paint thinners, lacquers, or flammable liquids indoors without proper ventilation and all ignition sources eliminated. **IF IN DOUBT, DON'T DO IT!**
- Store gasoline and flammable liquids in approved closed containers in well ventilated storage areas, and never inside your home.
- Never smoke when using flammable liquids or refueling lawn mowers or other gasoline operated equipment. *Smoking is bad for you anyway.*

- Rags that have been used with flammable or combustible liquids, and stains and paints which are subject to spontaneous heating should be discarded in a closed metal can outside—away from your house or other potential exposure.

Heating Sources

- Be careful when using alternative or floor type heaters.
- Keep floor type heaters away from furniture and any other combustible.
- Check with your local Fire Department on the safety and legality of using kerosene heaters in your community. NEVER use an unvented kerosene heater inside. The exhaust produces deadly carbon monoxide. Always follow the manufacturer's instructions.
- Never use a BBQ inside.

Electrical Hazards and Electrical Wiring

Have electrical hazards repaired or replaced by a qualified electrician.

- Check electrical outlets. Do not overload electrical outlets.
- Do not overload or overextend extension cords.
- Make sure all electrical outlets have cover plates.
- Check for exposed or bare wiring.
- Inspect extension cords for frayed or exposed wires or loose plugs. REPLACE them.
- Do not run electrical wiring under rugs, carpeting, over nails, or across high traffic areas.
- Consider using GFI (Ground Fault Interrupter) or surge protector electric strips in place of extension cords.
- Make sure that wires and plugs to electrical appliances are not pinched or crimped or bent sharply as to cause heat through resistance. Do not run wires through doorways where the door can shut on the wires.

Children

A fire escape plan and fire escape drill should be a wise mixture of seriousness and a game—never a scary experience. Children who have had fire drill practice at home will almost automatically do the right thing in a real emergency. Without such practice they all too often will hide under a bed or in a closet, which can mean disaster.

Babysitters

- **Make sure your babysitter**
 - **Knows your plan and what to do in an emergency**
 - **Knows how to call 9-1-1 and how to call you**

During a Fire

- If a fire occurs call **9-1-1 immediately**. If you have a cell phone call the pre-entered fire department ten-digit phone number (area code and phone number).
- If you are asleep when a fire starts and are awakened, do NOT sit up. Roll out of bed and stay close to the floor. Sound an alarm so everyone in the house can safely and quickly escape and meet in your planned meeting spot.
- If while you are trying to escape, you feel the door and it is hot, go to the second planned exit. Do not panic, stay low, and keep doors closed between you and the fire.
- If you cannot escape call 9-1-1 and tell the fire department where you are in the house.
- If your clothes catch on fire: **STOP, DROP, and ROLL**. Keep rolling until the fire is out. If you witness someone with their clothes on fire, tell them to **STOP, DROP, and ROLL**. Douse the flames with water or use a blanket and smother the flames.
- Once you are outside at your meeting spot NEVER go back inside – **STAY OUT**.
- If the fire is small and you are confident you can extinguish the fire, use your fire extinguisher or garden hose and extinguish the fire—always call 9-1-1.
 - Always keep a clear open access to the outside between you and the fire.
 - If the smoke is heavy and banking down, **GET OUT and STAY OUT**.
 - Do NOT use water on a small stove top grease fire or on energized electrical equipment.









- Never break windows or leave doors open as this will help spread the fire.

Fire: While Staying at a Hotel

- Know how to call 9-1-1 and the front desk from your hotel room.
- Always know two ways to exit your hotel room.
- Know where the stairway is and DO NOT use the elevator during a fire.
- Before you open your hotel room door, feel the door for heat as you have been taught.
- Leave your room and use the nearest stairwell to exit. Do NOT pack—LEAVE the room. **GET OUT and STAY OUT.**
- If you cannot safely leave your room, call 9-1-1 and the front desk and tell them you are in your room and cannot leave.
- Use your cell phone to call 9-1-1.

How to Select the Proper Fire Extinguisher

A fire extinguisher with an ABC rating is recommended for common household use.

FIRE TYPE	EXTINGUISHING	
	AGENT	METHOD
ORDINARY SOLID MATERIALS  	WATER FOAM	REMOVES HEAT REMOVES AIR AND HEAT
	DRY CHEMICAL	BREAKS CHAIN REACTION
FLAMMABLE LIQUIDS  	FOAM CO ₂	REMOVES AIR
	DRY CHEMICAL HALON	BREAKS CHAIN REACTION
ELECTRICAL EQUIPMENT  	CO ₂	REMOVES AIR
	DRY CHEMICAL HALON	BREAKS CHAIN REACTION
COMBUSTIBLE METALS  	SPECIAL AGENTS	USUALLY REMOVE AIR

Class A Ordinary Materials

Wood, paper, plastic, normal household items and furniture

Class B Flammable Liquids

Flammable and combustible liquids (e.g. gasoline, paint thinner, diesel, etc.)

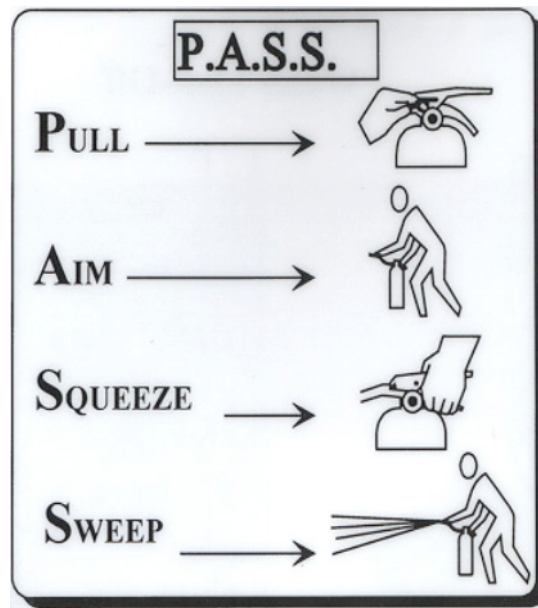
Class C Electrically Energized Equipment

Class A materials that are electrically energized. Class C extinguishers protect you from electrocution.

Class D Combustible Metals

These are specialty extinguishers used in commercial operations.

How to Properly Use a Fire Extinguisher



- **Call the Fire Department – Dial: 9-1-1**
- Make sure everyone is out of the house or away from the fire
- Keep the door or exit accessible to you. Never let the fire between you and the exit.
- Pull the Pin
- Aim at the base of the fire
- Squeeze the handle
- Sweep the nozzle and the extinguishing agent toward the base of the fire
- Get out and close the door
- Never go back in!!!

Earthquake Safety

- Remember: The first earthquake may be a precursor to a larger quake and aftershocks may seem as violent as the main quake. **THERE MAY BE MULTIPLE EARTHQUAKES**—so remain aware and prepared.
- Minimize your movements to a few steps to a nearby safe place. Stay indoors until the shaking has stopped and you are sure exiting is safe.
- **DROP** to the ground; take **COVER** by getting under a sturdy table or other piece of furniture; and **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture
- If in bed when the earthquake strikes, hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway.
- Stay inside until shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- If you are in the **KITCHEN**, move away from the refrigerator, stove, and overhead cupboards. (Take time NOW to anchor appliances, and install security latches on cupboard doors to reduce hazards.)
- If you are in a **HIGH-RISE BUILDING**, and not near a desk or table, move against an interior wall and protect your head with your arms. Stay indoors. Glass windows can dislodge during the quake and sail for hundreds of feet.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on. DO NOT use the elevators.
- If you are in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not rush for exits. Move away from display shelves containing objects that could fall.

- If you are in a **WHEELCHAIR**, stay in it. Move to cover, if possible, lock your wheels, and protect your head with your arms.
- If you are in a **STADIUM OR THEATER**, stay in your seat and protect your head with your arms. Do not try to leave until the shaking is over and then leave in a calm, orderly manner. Avoid rushing toward exits.
- If you are **OUTDOORS**, move to a clear area away from trees, signs, buildings, electrical wires, and poles. Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.
- If you are on a **SIDEWALK NEAR BUILDINGS**, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.
- If you are **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over. Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

Following an Earthquake

- Be prepared for aftershocks.
- Check on the welfare of your family.
- Help others in your neighborhood, give first aid as necessary and provide emotional support and assistance where you can.
- Inspect your house. Turn off utilities that are damaged (see Shutting Off Utilities).

- Begin immediately to seek information. The local television and radio stations that are part of the emergency broadcast system will be back on the air as soon as possible.
- If you have a fireplace, inspect the entire length of chimneys for damage. Unnoticed damage could lead to a fire or collapse.
- Look for the local police, fire, and emergency management agencies to begin moving through the area to do damage assessment and respond to emergency calls. Provide information about your family and neighborhood to these local government officials. Share with them needs or concerns but be prepared for them to handle life-threatening emergencies first.
- Once you have determined that you and your family are safe, seek opportunities to help and minister to your neighbors. This may give you a great opportunity to share your faith with those around you. You can provide hope in the face of a disaster.

Chemical Emergencies—Shelter-in-Place

What should I do if there is a Chemical Emergency?

Protect yourself by following Shelter-in-Place procedures:

Shelter-in-Place

While evacuating may seem like the best solution, it is not always the safest. Instead, prepare your home or workplace for Shelter-in-Place, before disaster strikes. Select an area or a room that can house your family or co-workers comfortably, with access to a telephone, water and toilet facilities. **Always follow the direction of local authorities, fire and police as they have the best and most up-to-date information.**

If directed to Shelter-In-Place:

- Go indoors immediately.
- Close doors and windows.
- Shut off heaters and air conditioning.
- Close fireplace dampers.
- Ensure all openings are sealed with duct tape or a wet towel.

- Cover nose and mouth with wet cloth.
- Turn on and Listen to emergency broadcast on radio or television.
- Wait for instructions that all is clear before going outside again.
- Activate your Emergency/Disaster Plan.

Make sure you have the following supplies stored in your shelter area:

1. Two rolls of duct tape
2. Scissors (sturdy type)
3. Towels
4. Drinking water (Plenty of drinking water)
5. Plastic Tarps (Blue Tarps with grommets)
6. Rope to hang and secure tarps and for general purpose
7. Toilet supplies and any necessary medications
8. Portable, battery operated radio
9. A flashlight and extra batteries
10. Your Family, Car, Work, School, Personal Travel Emergency Kit

When a Disaster Strikes

- Stay calm. Keep your family members calm.
- Pray for God's discernment, wisdom and help.
- Institute your Family Disaster Plan.
- Stay Hydrated.
- Be aware Observe and Listen—Look Up, Look DOWN, Look AROUND.
- Safety First—think before your act.

Helping Adults Cope

Having just experienced the shock and pain of a disaster, you will be very busy for the next few days or weeks. Caring for your immediate needs, perhaps finding a new place to stay, planning for clean-up and repairs, and filing claim forms may occupy the

majority of your time. As the immediate shock wears off, you will start to rebuild and put your life back together. There are some normal reactions we may all experience as a result of a disaster. Generally, these feelings don't last long, but it is common to feel let down and resentful many months after the event. Some feelings or responses may not appear until weeks or even months after the disaster.

Some common responses after a disaster include:

- Irritability/Anger
- Sadness
- Fatigue
- Headaches or Nausea
- Loss of Appetite
- Hyperactivity
- Inability to Sleep
- Lack of Concentration
- Nightmares
- Increase in Alcohol or Drug Consumption

Many victims of disaster will have at least one of these responses. Acknowledging your feelings and stress is the first step in feeling better.

Other helpful things to do to cope after a disaster include:

- Talk about your disaster experiences. Sharing your feelings rather than holding them in will help you feel better about what happened.
- Take time off from cares, worries, and home repairs. Take time for recreation, relaxation, or a favorite hobby. Getting away from home for a day or a few hours with close friends can help.
- Pay attention to your health, good diet, and adequate sleep. Relaxation exercises may help if you have difficulty sleeping.
- Prepare for possible future emergencies to lessen feelings of helplessness and bring peace of mind.

- Rebuild personal relationships in addition to repairing other aspects of your life. Couples should make time to be alone together, both to talk and have fun.
- If stress, anxiety, depression, or physical problems continue, you may wish to contact the post-disaster services provided by the local mental health center or professional counselor and/or your personal physician.
- Reread this periodically over the next few weeks and months. Being aware of your feelings and sharing them with others is an important part of recovery and feeling normal again soon.

Helping Children Cope

Children may be especially upset and exhibit exaggerated emotions following the disaster. These reactions are normal and usually will not last long.

Some problems that you may experience with your children after a disaster:

- Excessive Fear of Darkness, Separation, or Being Alone
- Clinging to Parents/Fear of Strangers
- Worry
- Increase in Immature Behaviors
- Not Wanting to Go to School
- Changes in Eating/Sleeping Behaviors
- Increase in Aggressive Behavior or Shyness
- Bed-Wetting or Thumb Sucking
- Persistent Nightmares
- Headaches or Other Physical Complaints

Some things that will help your child feel better after a disaster:

- Talk with your child about his/her feelings about the disaster. Share your feelings.
- Talk about what happened; give your child information he/she can understand.

- Reassure your child that you are safe and together. You may need to repeat this reassurance often.
- Hold and touch your child often.
- Spend extra time with your child at bedtime.
- Allow your child to mourn or grieve over the lost toy, a lost blanket, or a lost home.
- If you feel your child is having problems at school, talk to his/her teacher so you can work together to help your child.
- Usually a child's emotional response to a disaster will not last long. But some problems may be present or recur many months afterward. If problems persist, contact a mental health center that is staffed by counselors skilled in talking with people experiencing disaster-related problems, a professional counselor, and/or your child's pediatrician.

Conclusion

No one knows when a disaster will strike. But one thing we know for sure is that one will happen sooner or later. No one is immune from disaster or tragedy. We have all been taught from elementary school to be prepared in the event a disaster happens. Yet we know that only a small percentage of people are actually prepared and few actually have a written disaster plan or have even discussed disaster preparedness with their families. History has proven and the Bible says disasters are a part of life on earth.

Jeremiah 25:32 (NIV)

This is what the LORD Almighty says: "Look! Disaster is spreading from nation to nation; a mighty storm is rising from the ends of the earth."

Matthew 24:8 (NIV)

...Nation will rise against nation, and kingdom against kingdom. There will be famines and earthquakes in various places. All these are the beginning of birth pains.

These sessions have given you practical suggestions on preparing your family to survive in a disaster. However, it is no good unless you prepare ahead of time. Your family is too important to wait any longer. Be part of the solution and not part of the

problem. Being prepared will allow you to be used by God in the time of crisis to help and minister to others.

And don't forget the single most important thing we can do during a time of crisis is to seek God's direction and wisdom and pray.

Get Ready, Prepare Now!!!

Lesson 3—Preparation of Disaster Response Teams

Saddleback Relief Orientation

Saddleback RELIEF Mission

- Assist individuals, church staff and ministry leaders in disaster preparedness
- Assist people impacted by disasters with compassionate care and the love of Jesus Christ that comforts the hurting and gives hope to the hopeless

Saddleback RELIEF Values

- Be prepared so that we have the capacity to assist others impacted by disasters
- Share Christ's love, mercy and grace with the people impacted by a disaster by meeting physical, emotional and spiritual needs
- Honor and build up the local church
- Work collaboratively with the church, business, governments and NGOs—the three-legged PEACE stool
- Lead with service, not solutions... and relationships not dependency

Saddleback RELIEF Strategies

● **Be PREPARED**

It is difficult, if not impossible, to give physical, emotional and spiritual support to others when you or those close to you are suffering from the effects of a disaster.

- Help individuals, families and small groups become prepared and develop a plan to survive and assist others following the events of a disaster.
- Develop, maintain and train church staff and key ministry leaders in disaster emergency response plans.

● PRAY – GIVE – GO

All can PRAY, most can GIVE, few can GO

- Response plans developed around these actions
- See Disaster Response Guide

● Work with LOCAL CHURCHES

The local church is the world's most effective distribution network with the largest pool of volunteers; and the most powerful message of hope to change lives. Governments and NGOs will be gone in a few months after a disaster; but the church will always be there to provide relief directly to the people who need it most and, importantly, care for the whole person. Local church members are best positioned to identify those in need.

- Help local churches provide physical, emotional and spiritual support to their community
- Help local churches provide and distribute basic needs of food, water, shelter and/or medical care to people in their community affected by the disaster.
- Put local church members in positions of interaction with their community, whenever possible. Serve alongside local church members or seek to fill support roles.
- Represent the local church so that people know where they can come for future support.

● Support LOCAL PASTORS

Churches and pastors often sustain large economic impacts immediately following a disaster.

- Provide short term (typically 1 to 2 months) financial aid to and/or through affected local pastors to sustain their families and/or provide relief to their communities.

● Partner with Christian Disaster Relief NGOs

Disaster Relief NGOs (non-government organizations) typically have stockpiles of disaster relief supplies and equipment that can be readily deployed to disasters.

- Attempt to identify local resources available before committing to outside resources.
- Help connect local churches with NGOs that can supply needed resources.
- Provide immediate "crisis assistance" by partnering with select Christian NGOs that have the disaster problem based resources available.

The following is done after the relief trip has ended. If the church is interested, the team leader can return and teach disaster preparedness.

- **Provide PURPOSE DRIVEN and PEACE Training**

Disasters can provide opportunities to refocus churches.

- Involve Purpose Driven/PEACE cross sectional (functional) team from start to finish
- Relief team leaders should be prepared to share the Purpose Drive Journey and connect local churches with those that can provide additional training in Purpose Driven Church, Purpose Driven Life and the PEACE Plan.

- **Build a RELIEF TO DEVELOPMENT BRIDGE**

Transition relief activities as quickly as possible across a Pre-Development Bridge and then into full PEACE Development

- Establish a footprint from the very beginning of our involvement that moves all activities through Relief, onto the Pre-Development Bridge, and finally into Full Development
- Empower survivors to help themselves
- Use PEACE as the platform for discussion and action

How Saddleback Spells RELIEF

Rally our Volunteers

All of our relief work is done by and through our network of PEACE teams and volunteers, making it easier to rapidly mobilize a large volunteer force quickly.

"Always be ready to do whatever is good. Titus 3:1b (NIV)

Engage local churches as relief centers

Local congregations are the most natural and effective base camps for relief for six reasons. 1) They already exist in every community. 2) They know their community and are trusted by it. 3) They have the greatest number of volunteers. 4) They have compassionate service as part of their mission. 5) They have an existing network. 6) They will remain in a community long after the short term relief agencies have packed up and gone.

"I will build my church, and the powers of hell will not conquer it." Matthew 16:18 (NLT)

Link with public and private partners

The government can provide rescue and evacuation services. Businesses can provide expertise and capital. Churches provide manpower, distribution centers worldwide and long term care. It takes all 3 working together - public, private and faith communities.

"Two are better than one, because together they can work more effectively/" Ecclesiastes. 4:9 (TEV)

Include physical, emotional, & spiritual support

Human beings are more than a body, so they need far more than just medical and material support after a disaster. Churches provide the personal support that governments cannot offer.

"God puts poor people on their feet again; he rekindles burned-out lives with fresh hope, restoring dignity and respect to their lives." 1 Samuel 2:8 (Mes)

Empower survivors to help themselves

Survivors deserve to be treated with dignity, not as dependent, helpless victims. Do not call the survivors of a disaster "victims" because the word victim has a very negative connotation. Use the word survivor, because it empowers them to want to go on and it actually gives them more hope in being able to say that they survived something. People recover faster when they help in their own recovery. Often government and NGO relief is organized but also institutionalized and depersonalized. We treat people as equals.

"Show respect for all people." 1 Peter 2:17 (NCV)

"You obey the law of Christ when you offer each other a helping hand." Galatians 6:2 (CEV)

Fund what's overlooked

Our relief offerings are used for strategic needs that typically go unnoticed.

"Two good things happen as a result of your gifts—those in need are helped, and they overflow with thanks to God" 2 Corinthians 9:12 (LB)

Saddleback RELIEF Disaster Response Guide

This guide is to be used to implement Saddleback's response to a disaster. It is initiated by the Relief Team staff.

Response Priority

Saddleback cannot respond to every disaster. Therefore, priority is given to:

- Assisting already established church partners who are providing disaster relief in their community or have been affected by a disaster.

- Disaster in close proximity to our campuses – provides more potential involvement.
- Disasters with high public awareness – due to size and scope of disaster.

Step 1 – Assessment Team

- The Saddleback DR Coordinator will identify and form an assessment team made up of experienced volunteers.

Step 2 – Situation and Needs Assessment (Performed by assessment team)

Assessment is performed by a contact from home and by the assessment team out in the field.

- The contact from home would identify church partners in affected country/region to contact

Resources to use:

- PD Network
- Country/region PEACE team leaders
- Contact church partners in affected country/region to ask:
 - How are they doing? Have they been affected?
 - What is the current status of the disaster situation?
 - Are they providing relief or planning to provide relief?
 - Do they need/want our assistance? (see potential response)
- Contact Christian NGOs to see how they are responding

After getting this information, the home contact would relay this information to the team leader at the site. They will then form a plan, which when approved, would determine what resources will be most useful to the survivors which the church can provide, and how best to distribute them.

Step 3 – Response Plan Development

- Utilizing the list of possible PRAY – GIVE – GO actions below, develop a Response Plan based on needs and capabilities. Choose only those actions that would be appropriate responses.
- Identify Response Plan Imperatives

What MUST be done to be successful at reaching these end states?

Considerations

- What churches are in need of help?
- What churches are actively helping and what are they doing?
- What churches want to help the displaced/suffering vs. displaced/surviving?
- What churches are connected to the community?

PRAY

- Share prayer needs with PEACE team members and church attenders that have connections to the affected country/region
- Create general awareness by posting information on the Saddleback Relief social media sites and webpage.

GIVE

- Using social media, provide information that members and volunteers can make designated contributions to relief efforts through the PEACE/Saddleback Relief account
- Guidelines for use of relief funds
 - Funds are to be used to help local churches with relief efforts. Relief efforts can be defined as those activities that help restore those affected to normalcy, such as replacing items that were lost due to the disaster or providing basic needs until they can return home. This would not include buying somebody a new item, just because it was old or worn out prior to the disaster.
 - Assessment of needs should be done through contacts of local churches (in advance by email or phone, and/or in person while team members are in the country)
 - Decisions on how to use any or all of the money contributed for relief does not belong to the team. The Saddleback Ministry Leader along with church staff will decide how donated Relief money is to be disbursed.

GO

We will not send teams to become a burden or liability to the churches, organizations or government that is trying to recover from a disaster. We will only go where we can be an asset to them. Assessment to determine if a team can go is critical to the success of Saddleback Relief.

- All PEACE Relief trips need to address the following issues before being approved (see PEACE Relief Trip Action Plan).
 - Security and safety needs
 - Transportation into and out of country

- Ground transportation in country
- Fuel availability
- Team housing
- Equipment and supplies needed
- Clean drinking water
- Food
- Sanitary issues
- Ministry - what are we doing, where are we doing it, how are we doing it, who are we doing with, and how will it continue once we have left?
- *Team(s) to assist churches in or near the affected area providing relief*

Step 4 – Response Plan Approval

- The assessment team will submit recommendations to Saddleback Ministry leader and wait for church approval (see Appendix 1 – PEACE Relief Response Form)

Step 5 – Response Plan Implementation

- Communicate only through approved channels

PRAY

- Share prayer needs per approved response plan

GIVE

- Share giving opportunities per approved response plan
- Communicate process for designated tax deductible relief funds (trip funds handled through PEACE trip process):
- Make checks payable to: Saddleback Church
- Write: “Country Relief” in memo of check (for example: “China Relief”)

- Mail check to:

Saddleback Church

Attn: PEACE Relief

1 Saddleback Parkway

Lake Forest, CA 92630

GO

- The team leader will request PEACE trip and register team members through PEACE trip process

- Team members must complete PEACE trip required training
- Team Leader will be responsible for accounting and expenditures

Step 6 – Debrief

- In the field every day
- Upon return with Saddleback Relief Ministry Leader
- With every team.
 - ° This is to help anyone experiencing secondhand trauma from what they have witnessed. Ninety-percent of volunteers will be fine but often 10% will need assistance.

Step 7 – Post Trip Report

- Team Leader will return receipts and process team expense report
- Brief future team(s) on activities and conditions
- Report stories to supporters and Saddleback members
- Pictures and stories to Saddleback Relief staff to include on social media and other areas

Disaster Relief Chaplain

C - Called upon in a time of pain.

You are the *guardian* of the sacred experience during times of crisis. You will be on *holy ground* for those affected! They will look to you for spiritual care.

H - Helps immediate emotional need.

Demonstrating compassion is being *emotionally present in suffering*. You are present in the worst time of their lives.

A - Assists with useful information.

Get briefed *before* you step into the field. Gather *useful* information (e.g. location of FEMA and insurance companies).

P - Prayer is short, specific; spontaneous.

God will *do*, you just need to *be*. People's cognitive abilities are very low in disaster situations. They won't understand big words from the Bible and they won't be able to focus for very long. So be specific and quick.

L - Listens to feelings.

In the field, people are scared. Don't focus on *doing*, focus on *being*... stand in line with them, sit in silence, help fill out paperwork. The most important thing in the field is the person, not the job.

A - Avoids cognitive answers.

Don't try to answer the question "Why?" You can't answer some questions, remember, you are hearing emotions, not thinking.

I - Invited not entitled to conversations about Jesus.

Your worldview may *not* be their worldview. Disasters are a violation of value systems. If you're asked about Jesus, then you are free to share with them. But we don't want to offend by being entitled to talk about Jesus.

N - Needs to listen and clarify.

Clarify first and be helpful. Clarify what the survivor is looking for in help or prayer. Then, at the *right* time, offer *hope*. Victims must perceive that you listened and cared.

How to Provide Spiritual First Aid

1. Get briefed before you step into the field; gather useful information
2. Work in small 2-3 person teams of Disaster Relief Chaplains
 - a. This protects you and the survivor.
 - b. If possible, men should minister to men and women to women.
3. Be physically and emotionally present
4. Turn victims away from facing the event to provide a sense of safety
5. LISTEN: Don't feel you have to give answers to the "WHY" questions
6. Cognitive abilities are low in times of crisis. Help with little things.
7. Get them water & food, a blanket for warmth, help fill out any paperwork
8. Clarify what is being said by rephrasing it back to them.
 - ° E.g. If someone asks you for help in finding "Sarah" ask them, "You need help finding *your daughter* Sarah?"
9. Connect people with others of like age, culture, language, etc.
10. Let victims know how long you plan to be there & others will come
11. If asked to pray; ask, "What would you like me to pray for you?"

12. Prayer should be short, specific and spontaneous
13. A disaster is not the best time to discuss the plan for salvation
14. Accommodating others faiths doesn't mean you're accepting that faith
15. Provide a sense of privacy and confidentiality
 - a. Survivors will share things with you and assume confidentiality.
 - b. Be careful not to gossip through prayer.
16. If in doubt about a person's stability, contact a healthcare professional

DO's

1. **Do** acknowledge the loss, specifically
 - a. Use the person's name and/or state what happened to them.
 - i. "I'm sorry you lost your home."
 - ii. "I'm sorry you lost George."
2. **Do** give permission to grieve
 - a. Let them know it is okay to cry.
3. **Do** Listen non-judgmentally
4. **Do** allow the grieving person to talk about their loss, the deceased, or the tragic situation / event
 - a. If you are uncomfortable listening to them, find someone who is.
5. **Do** ask open-ended questions about the event
6. **Do** offer practical assistance
 - a. Tell them where they can get food, water, insurance, etc.
7. **Do** empower with small choices and decisions – Don't overload the person
 - a. For example, don't just ask, "What do you want to eat?" Instead, ask if they want a turkey or ham sandwich.
8. **Do** share words of admiration for the deceased, if appropriate
9. **Do** say: "I am so sorry" or "I am sorry for your loss"
 - a. "I cannot begin to understand your pain, but I am here for you"
 - b. "Would you like to talk?"
 - c. "May your God bless you and give you strength"
 - d. "I am grieving with you about _____'s death"
 - e. "I know you are going to miss _____, very much"

DON'Ts

1. Don't avoid the grieving person
 - a. Again, if you are not comfortable sharing in someone else's grief, find someone who is.
2. Don't assign guilt or blame
3. Don't try to answer the question "WHY?"
4. Don't minimize the loss
5. Don't change the subject away from the deceased
6. Don't talk too much – LISTEN
7. Don't say: "I know how you feel"
 - a. "It was or is God's will"
 - b. "She or he is in a better place now"
 - c. "Time heals all wounds"
 - d. "Be brave"
 - e. "Don't cry"
 - f. "He's or she's at rest"
 - g. "The Lord knows best"
 - h. "Be glad it's over"

CLARIFYING CULTURAL NEEDS

- Is there anything special you would like me to know about on how to help you through this crisis?
- What would be the most helpful thing I could do for you right now?
- Is there anything special I could do for _____ (the deceased)?
- Is there anything special I could tell someone about how you would like _____ 's (the deceased) body handled?
- Do you have any special religious needs I could help you with?
- Do you have any questions about what will be happening now?
- Do you have any religious or cultural restrictions I should be aware of?

Age Specific Response to Disaster

Fear is the common reaction; Trust is the common need

- Birth to 2 yrs: Physical contact (holding); restore primary caregiver
- 2 – 3 yrs: Physical contact (sitting beside, holding hands); restore primary caregiver
- 3 – 6 yrs: Physical contact (sitting beside); restore family, reassurance
- 6 – 12 yrs: Restore attachments, establish routines & order, reassurance
- 12 – 18 yrs: Provide identity, restore peer attachments (set up an area for teens)
- 19 – 65 yrs: Empower w/ choices, restore order, assure confidentiality, provide information
- 65+ yrs: Listen to stories/concerns, restore order & attachments, empower w/ choices, establish normal routines, provide dignity

How Do I Trust God (Worship) After A Loss?

The following is a sermon by Rick Warren following the October 2007 Fire Storm in Southern California. We provide it to all of our teams because it gives scriptural references that can help in ministering to people. For the interest of time, it is best if you just make them aware that it is in there handbooks if they need it.

Job's T.R.U.S.T. in God

In times of tragedy and loss turn to God, not away from God

Tell God exactly how you feel

“Job stood up, tore his robe in grief, and shaved his head. Then he fell to the ground and worshiped.” Job 1:20 (GW)

“I can't be quiet! I'm angry and bitter. I have to speak!” Job 7:11(TEV)

“Cry out in the night...Pour out your heart like water in prayer to the Lord.”
Lamentations 2:19 (NCV)

“I believed, so I said, “I am completely ruined!”” Psalms 116:10 (NCV)

The book of Habakkuk asks, Why God?

What frustrations do you need to talk to God about?

Refuse to become bitter

Job said, "I came naked from my mother's womb and I shall have nothing when I die. The Lord gave me everything I had, and they were His to take away. Blessed be the name of the Lord! **In all of this Job did not sin by blaming God.**" Job 1:21-22 (LB)

In bitterness we cannot see the big picture, we focus on ourselves. Bitterness does not allow us to enjoy God.

What can I praise God for when I'm in pain?

- God will never stop loving me (Job 10:12)
- God has a plan for my life (Job 23:14)
- God cares about every detail of my life (Job 23:10, 31:4)
- God is in control of things don't understand (Job 34:13)
- God will protect me (Job 5:11)

"Even though the fig trees have no fruit and no grapes grow on the vines, even though the olive crop fails and the fields produce no grain, even though the sheep all die and the cattle stalls are empty, I'll still be joyful and glad, because the Lord God is my Savior." Habakkuk 3:17-18 TEV)

AN UNTESTED FAITH IS NO FAITH AT ALL.

Unite with others in worship. We are better together

(Elihu) "Don't let your anger and the pain you endured make you sneer at God.

Reputation and riches cannot protect you from distress, nor can you find safety in the dark world below. Don't turn to evil as a way of escape. God's power is unlimited...

Others have praised God for what he has done, so join with them." Job 36:18-24 (CEV)

"Go to the Lord for help, and worship Him." 1 Chronicles 16:11 (TEV)

"Those who worship God will be encouraged." Psalms 69:32 (TEV)

PAUL "Because you are praying for me and the Spirit of Jesus Christ is helping me, I know this trouble will bring my freedom." Philippians 1:19 (NCV)

Worshipping God is simply Loving God.

Surrender my future to God

"Job's wife said to him, 'Are you still trying to maintain your integrity? Curse God and die' But Job replied, 'You talk like a godless woman. Should we accept only good things from the hand of God and never anything bad?' So in all this, Job said nothing wrong." Job 2:9-10(NLT)

"Though he slay me, yet will I trust in him." Job 13:15 (KJV)

"People who don't know God are always worrying." Matthew 6:32a (CEV)

- Job's response was total surrender.
- No matter what happens I will praise God.
- Fear is what hurts you. Hurting people hurt people.

Shadrack, Meshach and Abednego in Daniel 3 in the fiery furnace

- If you have faith like them nothing can harm you.
- Sometimes God doesn't take us out of the fire, He lets us go through it.
- Fire refines precious metals.

Trust God, Jesus Christ, with every area of my life

JESUS: "By trusting me, you will be unshakable and assured, deeply at peace. In this world you will continue to experience difficulties. But take heart! I've conquered the world." John 16:33 (Mes)

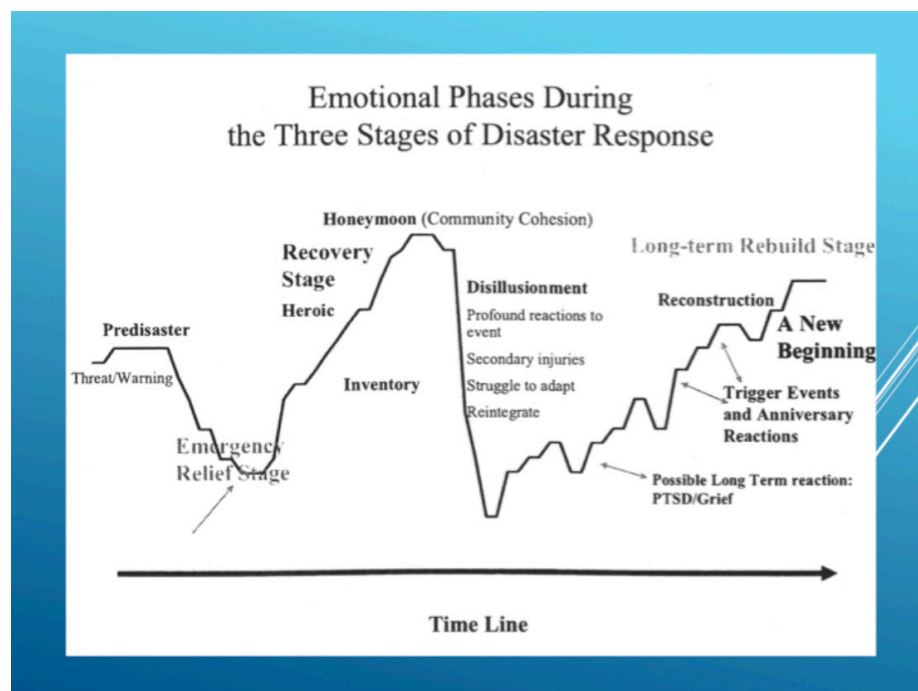
"Some people have missed the most important thing in life--they don't know God." 1 Timothy 6:21 (LB)

- Grief is God's way of dealing with loss.
- Blessed are those that mourn. Matthew 5:4
- Never stop anyone from grieving, help them through it

Get your eyes off of yourself and your problems and onto God. Psalm 63:2

Saddleback RELIEF Ethical Guidelines

Before a disaster hits people are usually emotionally steady. After a disaster, survivors will go through multiple emotional phases. They will first experience an emotional low after the event occurs which will be followed by a spike when the disaster relief arrives. Then they will experience an even deeper emotional low after the disaster relief workers have left. That may be because all the helpers are gone but there is still a lot to do. Finally, there will be a gradual climb upwards as they recover. Some people take years to recover while others take months.



Take care not to damage the group effort by careless words or actions. Each person must remember that he or she represents the Lord and the church. All attitudes and actions should demonstrate the teachings of Christ.

Take time to listen to victims. Never get so busy in response to physical needs that you forget the people you have come to help. In most cases, the victim's greatest need is having someone listen to their story. However, do not attempt to meet physical or personal needs you are not trained to handle. Always be willing to refer a victim or problem to a qualified person if it is too much for you to handle.

Respect the property of victims. Things that may seem worthless to you may be precious to someone else.

Never accept contributions from the people you help. If they ask to make a contribution, refer them to an address where they may send a donation.

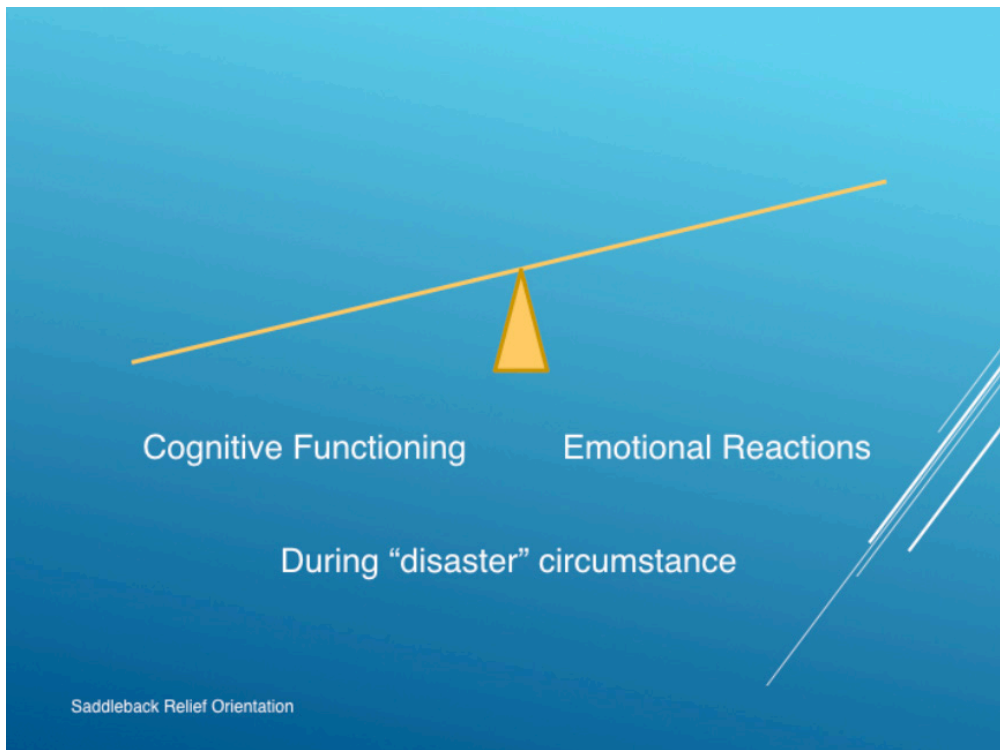
Be sensitive to the fact that information shared by a victim in confidence should remain so. Respect the privacy of every individual.

When taking pictures of disaster damage, be sensitive to the people involved. If they are present, always ask permission. Never take group pictures or selfies in which you are smiling in front of someone's damaged home or property.

When sharing information about help available to victims, be sure your information is accurate. When sharing information about a disaster situation, be sure your facts are accurate. Do not participate in spreading rumors that circulate following a disaster.

Workers have a unique opportunity to put their faith into action. Oftentimes ministry opens the door for personal witnessing. Be prepared to share faith in Jesus Christ as the opportunity arises.

However, you also need to realize that while a person's cognitive abilities are normally balanced with their emotional reactions, after a disaster their cognitive abilities will be on the low end, and their emotional reactions on the high. In light of this, you should only give the gospel when asked to by the survivor so as to avoid unintentionally manipulating them.



Saddleback RELIEF Safety Guidelines

Stay in good health and good physical condition. Have regular physical examinations. Consult your physician about your involvement in disaster relief. Get CDC recommended vaccinations. Take medications as prescribed by your physician. If possible, have a backup prescription order for medications. There is no telling when the call to go out might come. So, always keep yourself healthy and prepared.

Work within your strengths and limitations: physical (strength and health), emotional (stress management), and mental (knowledge and skills). Take personal health items that are helpful to your comfort and well-being. Wear clothing, footwear, and special equipment suited to the task and conditions you will face. Avoid extended sitting or standing in the same position, constant exposure to the sun, and prolonged exposure to water, heat, and cold.

Eat regularly, drink plenty of water, and if needed wear sunscreen. Rest when you can. Do not base your work load on that of another person. Pace yourself. Sleeping will be difficult. Use caution in danger areas where you may encounter heavy traffic, broken glass, nails, and downed electrical lines. Report all injuries to the first aid coordinator. Become familiar with policy and procedures for on-site illnesses and injuries.

Disaster by its definition involves turmoil and confusion. Normal procedures have been totally disrupted. Therefore, every precaution must be taken by the response worker to ensure safety. Here are some suggestions to help protect the safety of workers:

- Before entering a building as a team, the team leader should examine the structure for damage and potential hazards.
 - Debrief your team on any potential hazards.
- Before entering damaged buildings, be sure that all utilities (electricity, gas, telephone, cable, etc.) have been turned off. Check with utility companies if necessary.
 - Never assume. If you don't know, then don't enter.
- Always assume downed electrical lines are energized until power companies notify you they have been turned off. Even then, use care around lines since they can become energized due to generators improperly used in homes. They may also become entangled in equipment or with your body.

- Wear safety equipment as provided and required. Heavy-soled or steel-toed shoes, gloves, and hard hats should be used in disaster areas. If you are working indoors, always wear N95 facemasks.
- Carry adequate lighting when entering dark buildings.
- Do not use power tools unless you are properly trained.
- When using chainsaws or power tools, use safety equipment and do not work alone.
- Do not enter flooded homes or basements without probing the area to determine where there are holes or hidden objects.
- Always protect yourself against snakes, insects, and other animals during clean-up work.
 - Snakes often hide under furniture and debris.
- Never drink or use water until it is verified as safe.
- Take care to rest and guard yourself against over-exertion.
- If you are on medication, be sure to have an adequate supply and take it as prescribed.
 - Team leaders should be made aware of what prescriptions their team members require.
- Store tools, ladders, and supplies in safe and secure places.
 - Keep sharp tools away from walkways with the sharp ends down.
- Make safety a priority.

Saddleback RELIEF Safe Driving Guidelines

The following are all the rules that team drivers should follow. Cover them individually with each driver.

Rental vehicle drivers must submit their DMV record to Saddleback Church prior to a trip to be approved to drive and be covered under the church's insurance policy.

Purchase the optional insurance policy from the rental company for liability and collision at the time of vehicle rental. Otherwise, should you be involved in an automobile accident and you are found to be at fault, your personal automobile

insurance policy serves as the primary coverage. You may not have sufficient coverage for the incident depending on the extent of damage and/or number of persons injured.

DRIVER RESPONSIBILITIES - For All Vehicles

1. Drive safely and be courteous! You are representing Jesus.
2. Drivers shall not exceed the posted speed limit.
3. Drivers shall maintain a safe speed for weather and road conditions regardless of the posted speed limit.
4. Buckle Up for Safety - Every passenger shall wear a seat/safety belt.
5. There shall always be two awake and alert people in the van when driving at all times (the driver and the co-driver in the right front passenger seat).
6. Drivers shall not talk on the cell phone or radio when driving.
7. Co-drivers shall be responsible for communicating between vans and vehicles while driving.

Saddleback does not allow us to drive in foreign countries. Utilize local church drivers or public transportation such as taxis.

Saddleback RELIEF (SAMPLE) Individual Packing List

Don't spend too long going through this list. Depending on the amount of time you have to cover the rest of the material, determine how much time will be helpful to dedicate to this subject for your class.

Reminder: Whatever you bring, YOU carry!

Small Backpack (carry on airplane and in van):

Picture identification (e.g. driver's license)
 Cash (for food + for emergency)
 High energy snack food (e.g. energy bars)
 Vitamins/Medications/Motion sickness pills
 Sunglasses (please take off when talking to someone) w/ croakies
 Travel Bible
 Journal

Pens

Hand sanitizer

Handy wipes

Medium Size Duffle Bag or Suitcase – 50 pound limit (duffle bag preferred):

2 pair of long work pants (mandatory on most work sites)

1 pair of shorts (Bermuda style only, no short shorts)

Long sleeve t-shirt or work shirt (at least one)

Short sleeve T-shirts or work shirts (no stomachs or shoulders showing)

Light weight jacket or sweatshirt

1 extra pair of shoes (could be those worn on airplane)

1 pair of shower sandals

Rain gear?

For church service:

Men - 1 pair of Dockers style pants and 1 polo or dress shirt

Women - 1 long skirt and blouse or long dress

Sheets & thin blanket OR sleeping bag

Small pillow

Sleeping pad

Sunscreen

Hat

Insect Repellent

Toothbrush & paste

Deodorant

Towel

Face cloth

Soap

Snacks for each day

Flashlight w/ spare batteries

Large Zip Lock Bags

Plastic trash bags (for dirty/wet clothes)

Camera

Sleeping aids—ear plugs, eye shields

* No jewelry and little make-up recommended

Safety Equipment

Work boots

Leather work gloves

Waterproof industrial work gloves

Safety goggles or glasses

5 respiratory masks (NP95 rated)

Saddleback RELIEF Emergency Procedures

IF SOMETHING GOES WRONG

- Contact your local host church (Write the Pastor Contact Number)
- **Saddleback Church Emergency Number: 1-949-587-5115 (Use only in a true emergency if you cannot contact the Saddleback Relief Coordinator)**
- Document everything (dates, times, actions, people, witnesses – take pictures)
- **PRAY – continue to pray at all times during the crisis**

EVACUATION PLAN

If you need to evacuate or believe that evacuation is a possibility **Contact Saddleback Relief Coordinator, as directed above.**

Each Team Leader “WILL” determine an evacuation plan with primary and alternate escape routes and make these escape routes known to every Team member.

Each van/vehicle shall have this plan/map at all times.

Most incidents happen without advanced notice. Preplanning of evacuation routes is a critical Team Leader responsibility. Team Leader need to take the leadership role and keep all Team Members calm and involved in safely evacuating for the area.

If a Hurricane is in the Forecast

Evaluate status of hurricane a minimum of 72-hours prior to estimated land fall. If conditions dictate evacuate to designed location

Return to the host church or to an area that is well beyond the estimated impact area a minimum of 48-hours prior to estimated land fall.

Notification:

- Keep Saddleback Church notified of your status and location

- Keep your partner church notified of your status and location
- Keep ALL Team Leaders notified of your status and location
- Keep ALL Team members aware of your plans

EVACUATION AREA/LOCATIONS:

The Team Leader shall identify a primary and an alternate Evacuation Location. All Team members shall know the location of this Evacuation Area. These Evacuation Locations need to be predetermined and marked on the maps in each vehicle/van.

WHEN A DISASTER STRIKES

- Stay calm. Keep your team members calm
- Pray for God's discernment, wisdom and help

For an EARTHQUAKE

Building construction in Haiti is considerably different than in the United States. For the majority of buildings they use unreinforced masonry / block construction which is susceptible to collapse during an earthquake.

- Remember: The first earthquake may be a precursor to a larger quake and aftershocks may seem as violent as the main quake. **THERE MAY BE MULTIPLE EARTHQUAKES** – So remain aware and prepared
- Minimize your movements to a few steps to a nearby safe place until the shaking has stopped and you are sure exiting is safe
- Standard earthquake procedures we use in the United States have proven not to be effective in Haiti. **PRE-PLAN** with your team the best exit and meeting location during a fire or earthquake.
- If you are **INDOORS** during an earthquake use this exit plan to leave the building to a safe meeting location.
- Move to a clear area away from trees, signs, buildings, electrical wires and poles. Move away from buildings, streetlights, and utility wires.
- Once in the open, stay there until the shaking stops.
- If you are on a **SIDEWALK NEAR BUILDINGS**, move away from any building or overhang. Protect yourself from falling bricks, glass, plaster, and other debris.

- If you are **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over. Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

WHEN YOU RETIRE FOR THE EVENING

- Have shoes next to your bed to easily slip on before you exit
- Have your backpack accessible to take with you
 - Make sure you have your passport
 - Full bottle of water
 - Medication
 - Work boots nearby

After Care

Emotional support: Helping team member's work through the many emotional and intellectual reactions to their experiences abroad.

- Team members will have different reactions from their cross-cultural trip depending upon their previous experiences, the environment they encounter, their emotional makeup, and the human suffering encountered.
 - Team leaders should consider making themselves available to their team members to talk about their experiences. They should also plan what to do if the needs of the member require special attention. At Saddleback, team leaders can refer members needing special care to a lay counselor in the church or to a professional. Think about what resources your church has and form a plan based on that.
- Small groups need to be supportive of the returnees or traveling team through listening, asking questions, and spending time together
- It may be helpful, while you are out on the trip, to have a nightly debrief where everyone talks about their day.
- Sometimes a "Report Back Party" including photos and mementos for friends and supporters gives the team members a chance to share their stories and emotionally process their experiences. The telling of their story can be healing in itself if need be.

- Re-entry stress information is helpful if given to the small group so they can understand and not be caught off guard as to what typical team member reactions are like upon return i.e., criticism of one's own culture, "waste, excesses, spoiled Americans," impatience with apathetic Americans, guilt over materials possessions. "Gloriously ruined" as Kay Warren calls it can be a positive way of viewing a new awakening process in their hearts and lives as a result of this trip!!!

Spiritual support: Time spent with team member(s) in prayer, study, and reflection upon their experiences.

- Continued prayer
- Strong family support
- Bible study and small group curriculum to help with re-entry stress should begin the week after they return.
- Their prayer team continues to pray after the team comes home and through their re-adjustment time.

Several close friends or members of the returning team need to be well informed about re-entry stress in order help their friend process the experiences; if serious and overwhelming emotions are expressed lay counselors or counseling staff could be available to help with the adjustment. For churches who do not have counselors, someone on staff familiar with re-entry stress could meet with them.

How to Recognize Re-Entry Coping Mechanisms

This could be helpful for the small group or close friends of the traveler. Many people cope with re-entry stress in many different ways. There are three common categories to observe the way people cope.

ISOLATE and be alienated

- Pulls away from being in a stressful situation by being alone or with like-minded people (e.g., former short-termers).
 - *Some people are more naturally introverted and need time alone. You will have to try to discern to the best of your ability whether the team member is acting naturally or if there is something wrong.*
- Continues to identify with the home culture for the most part, but has large negative reactions to it.

° *As said before, it is natural to change certain aspects of your lifestyle when coming back from a trip like this. But if the member becomes so focused on their differences with the culture that it bothers their family, there may be an issue.*

- May express a strong judgmental posture towards the values and lifestyle of the home culture (church, family friends, politics).
- May feel a strong guilt over home culture's materialism and affluence.
 - ° *Once again, you will have to discern as best you can, the fine-line between this and a natural change in mind-set.*
- May tend to day dream a lot about the short-term experience, holding on to memories
- Unaware of other alternatives to impact the home culture (church or campus group).
- **NEEDS:** Someone who has been through re-entry stress to help in understanding the transition process and exploring options.

IMITATE and be re-socialized

- "Goes native" quickly by reverting back to conventional norms.
- Resumes life as if nothing happened.
- Unable to translate the impact of short-term experience to the rest of life.
- May have a very high need for acceptance by the home culture.
- May be afraid of the repercussions of being different or standing on one's convictions.
- **NEEDS:** To be with compassionate missions minded people who can assist in sorting out the impact of the short-term experience.

INTEGRATE and be proactive

- Accepts the reality of transitions between two cultures.
- Relates back with the home culture in a way that does not compromise or negate one's new values or lessons learned from short-term experience.
- Recognizes that changes have occurred through the short-term experience.
- Continues to learn about lifestyle incorporating the old and new.
- **SEEKS:** Support from like-minded people.

Post Traumatic Stress Disorder (PTSD)

This is a complicated subject and because of that you may not have time to go over it in class. The following is provided so that the students can reference it.

Definition: a disorder that can occur following the experience or witnessing of life-threatening events, terrorist events, natural disasters, serious accidents, human suffering, or violent personal assaults.

Although not too frequent in short term P.E.A.C.E. projects, this can be frequent in P.E.A.C.E. Relief projects, team members can be exposed to severe conditions of human tragedy and suffering.

- Witnessing suffering and tragedy can overwhelm a person psychologically, spiritually and physically.
- Those members who are most at risk are those exposed to severe conditions may have emotional/psychological problems not identified before the trip begins.
- It is important to be able to identify the signs and symptoms of PTSD in a returning member to help get them the needed treatment as soon as possible.

People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged; these symptoms can be severe enough and last long enough to significantly impair the person's life.

Keep in mind:

- The person has been exposed to a traumatic event in which both of the following were present:
- The person witnessed, experienced, or was confronted with an event or events that involved actual or threatened death or serious injury, or a threat to the physical health of self or others.
- The person's response involved intense fear, helplessness, or horror.

The traumatic event is persistently re-experienced in one (or more) of the following ways:

- Recurrent and intrusive distressing recollections of the event including images, thoughts, or perceptions.
- Recurrent distressing dreams of the event

- Acting or feeling as if the traumatic sights and events were recurring (includes a sense of reliving the experience, illusions, hallucinations, and flashback episodes).
- Intense psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.
- Psychological reactivity on exposure to internal or external cues that symbolize or resemble an aspect of the event.

The member avoids anything associated with the trauma and they have a numbing of general responsiveness (not present before the trip) as indicated by three or more of the following:

- Efforts to avoid thoughts, feelings, or conversations associated with the trauma.
- Efforts to avoid activities, places or people that arouse recollections of the trauma
- Inability to recall an important aspect of the trauma.
- Markedly diminished interest or participation in significant activities.
- Feelings of detachment or estrangement from others.
- Restricted range of emotions (e.g., unable to have loving feelings).

The member has persistent symptoms of increased arousal (not present before the trip) as indicated by two or more of the following:

- Difficulty falling asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hyper vigilance
- Exaggerated startle response
- Duration of the symptoms for more than 1 month

The problems cause significant distress or impairment in social, occupational, marital, or other important areas of life.

If any of these indications are noted contact the Team Leader and encourage the team member to get professional help.

Saddleback RELIEF Trip Covenant

Every Team Member will abide by and follow the directions of their Team Leader without grumbling or complaining. We are all under authority. The Team Leaders have been given this authority to lead and serve the Team and to assure the Teams welfare. If the Team Leader directs an evacuation all Team members will follow these directions and make every effort to assist with the emergency / evacuation plan without question.

Obey your leaders and submit to their authority. They keep watch over you as men who must give account. Obey them so that their work will be a joy, not a burden, for that would be of no advantage. Hebrews 13:17

1. The Team Leader will lead by example and exemplify Jesus Christ
2. The Team Leaders shall monitor weather and news reports and keep current
3. The Team Leaders shall keep in contact with their local partner church
4. The Team Leaders shall contact the Saddleback Church Relief Command Post to keep current on news and weather affairs at least every day while in the field.
5. The Team Leaders shall keep the entire Team informed on necessary information

WE ALL AGREE TO THESE TEAM CONCEPTS:

1. Prepare your family for a local emergency before leaving
 - a. Ref. *Saddleback Church Saddleback Relief Disaster Preparedness Manual*
2. Agree with the Statement of Faith
3. Agree and follow the Team Covenant
4. Be physically able to work in a hot, humid, dusty, uncomfortable environment performing manual labor including heavy lifting, demolition and cleaning wearing respiratory protection, gloves and boots serving and **HONORING** God without complaining.
5. Follow the direction of the Team Leaders.
6. Have the required immunizations
7. Expect the Worst Conditions – Prepare for the Worse – Hope for the Best

8. Be ready to be without accommodations for the extent of the trip
 - a. *You should always have accommodations, but sometimes in the beginning of the trip, you won't always know what those accommodation are going to be.*
9. It is essential that relief workers remain healthy
10. I will eat right, sleep right and drink lots of water
11. We do NOT bring victims to an incident
 - a. *This means it is better for volunteers who are experiencing family or work problems when the team is leaving, to sit the trip out and join another one when they are no longer dealing with them. When people face these kinds of challenges, they won't be able to devote their full concentration to helping the disaster survivors.*
12. Keep the Team Leaders informed
13. Stay together as a Team
14. NO Free Lancing
 - a. *Don't hand out business cards while you are on the trip.*
15. Be Aware at all times – Look Up, Look Down, Look Around
 - a. Personal and Team Safety and Security
 - b. Look out for each other

What WE will do:

1. **We will Pray**
2. We will comfort the hurting
3. We will give hope in a time of hopelessness
4. We will share through the Ministry of Presence
 - a. A Look, A Word, A Touch, Listen
5. We will work hard at whatever we are asked to do **“Whatever it takes”**
6. We will ALWAYS serve others first and we will ALWAYS be the last to be served
7. **WE will remember: “It’s NOT about me”**
8. We will always work with our Team, We are better together
9. We will learn and practice **PATIENCE**
10. We will learn and practice **FLEXIBILITY**
11. We will go without **EXPECTATIONS**

12. We will leave egos and personal agendas at home
13. We are there to serve however God leads
14. We will **NEVER** make a promise we cannot keep
15. We are God's Ambassadors of PEACE
16. We will empower the local church and pastors
17. We will take the back seat and give up the front seat
 - a. He must become greater; I must become less. John 3:30
18. We are representatives of Jesus Christ
 - a. Whatever happens, conduct yourself in a manner worthy of the Gospel of ChristPhilippians 1:27

Remember: It's NOT about me. I will be flexible and patient and follow God's lead regardless of how better I feel I can do it. I will trust God and the leadership who has been given authority over me.

Saddleback RELIEF Scriptures

The following are Scriptures that Saddleback uses for relief teams before they leave, while they are in the field, and also when they return. Depending on the amount of time you have, it may be best to simply draw your student's attention to it in their handbooks.

Team Verse: Hebrews 12:1

... let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

The Great Commandment: Matthew 22:37-39

Jesus replied: Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.'

The Great Commission: Matthew 28:18-20

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Put on the Full Armor of God: Ephesians 6:13-18

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 3:20-21

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Matthew 25:35 – 40

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. ... The King will reply, I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.

Next Steps

TRAINING OPPORTUNITIES

The following is required by Saddleback for our team leaders. The team members only need to go through the orientation. But leaders are required to go through these courses in order to be equipped to lead a team successfully. Instruct your students to find out what training is available to them which will be helpful for their leaders to participate in.

- Saddleback Church
 - Personal and Family Emergency Preparedness (Saddleback Church Relief Disaster Preparedness Manual)
 - First Aid
 - CPR
 - PEACE Foundations

- California Southern Baptist Disaster Relief (<https://www.csbc.com/disaster-relief/>)
 - Chainsaw
 - Chaplaincy
 - Clean-up & Recovery
 - Communication
 - Damage Assessment
 - Heavy Equipment/Skid Loader
 - Mass Feeding
 - Water Systems/Purification

Lessons Learned from Hurricane Katrina

by Pastor Steve Rutenbar

Our first Katrina PEACE Relief Team of Saddleback volunteers returned from the Gulf Coast. We were wiped-out, weary, tearful, and a bit in shock over what we had seen. We witnessed the result of amazing forces that destroyed virtually everything in the path of Katrina and Rita.

But as we debriefed on our trip, the overriding message of the relief team was not the power of the storm to destroy life, but the power of our Lord to rebuild lives.

As more of you step out in faith to join the relief efforts, we want to share six simple insights that our teams observed during their outreach in Louisiana, Mississippi, and Texas.

1. Small groups provide a great vehicle for organizing relief work.

Of the thousands of Saddleback members we have led on outreach missions over the last 25 years, those who were connected in a small group before and after the outreach had stronger support, clearer focus, and more effective follow-through. Small group relief teams make sense because they:

- Provide better communication
- Focus on a team effort rather than personal agendas
- Offer a way to provide after-care and follow-up on the members' wellbeing
- Build consensus in answering the question, "What Next?"

2. Christian relief work is best done through a network of local churches.

This may be the greatest lesson we learned. Local churches are the real heroes of disaster relief! Why?

- They already exist in the community.
- They know their community and are trusted in it.
- They already have a local network in place to help relief efforts.
- Compassion and service are built into their mission.
- They have access to the greatest number of volunteers.
- Long after all the relief agencies have packed up and moved on, the church remains!

3. Partnering with public and private organizations leads to the best results.

Our Saddleback teams can't do everything, nor should they! Government agencies have the equipment and experience in large scale projects, like evacuation, that we can't provide. Private organizations, associations, and business groups can provide capital and expertise. What we provide is a volunteer army of compassionate manpower and a local, trusted distribution center that is already in place.

4. True relief work addresses the whole person.

People are more than just physical bodies and disasters attack more than just material possessions. The message of hope in Jesus Christ is the greatest gift any believer can give a person in crisis. In the past weeks we have had the privilege of observing our relief teams on the coast:

- Lifting folks out of their grief and despair
- Encouraging folks who had lost all hope
- Bringing a new perspective for a new future built on a new foundation that cannot be destroyed
- Connecting people in the aftershock of loss and letting them know that we care about body, soul and spirit

No bank, city, army, or agency can do those things. Rebuilding in the wake of a hurricane is not just about cement, lumber, and steel – it's also about rebuilding people's emotional health. It's about restoring safety, security, and dignity to folks living in chaos.

5. We are working with survivors, not victims.

The fastest way to turn Katrina survivors into Katrina victims is to encourage helplessness and derail empowerment. We have seen firsthand that people who make the most progress in rebuilding are the ones who take an active role in their own recovery. Our Saddleback relief teams are learning the difference between helping hands that lead to dignity, value, and momentum – and short-sighted handouts, which de-motivate, depersonalize, and create dependence. Looking to the example of the Good Samaritan, we are coming to understand that there is a cost to action as well as a price for simply doing nothing. We have to look to God for discernment on how to help.

6. In the area of funding we need to ask, “What’s been overlooked?”

We are looking for strategic and previously unnoticed opportunities for church planting. We are not simply looking at replacing mortar for mortar, brick for brick, and pew for pew. We are seeking to build of a new generation of churches based on God’s eternal purposes of knowing Christ, growing in Christ, worshipping Christ, serving Christ, and sharing the Good News of Christ. That kind of investment has eternal results.

Lesson 5—Natural Disaster Preparedness

Introduction

Saddleback's Disaster Relief ministry has been active for over 20 years and we have learned some things along the way that we hope to share with you today. Whether you're planning on starting a Disaster Relief ministry within your church or have questions and/or safety concerns as a responding member, we hope these safety tips and suggestions will guide you in your decisions.

Our most recent deployments have included an earthquake, wildfire, and hurricanes. Each of these natural disasters has its own set of unique challenges. It must also be understood that some of the regulations covered in this lesson are specific to the requirements of California and the United States generally. When responding to a disaster, you **MUST** look up the local regulations of the region/state/country that you are going to.

Hurricane

Responding to a hurricane has many similar hazards to an earthquake response, but the added likelihood of flooding and downed trees creates another set of hazards that needs to be managed.

- Wear a close-fitting respirator that is rated N-95 or P-100 to help block mold spores from being inhaled. Bandanas or cloth masks do not effectively block fine particles.
- Wear protective clothing, including rubber/latex/nitrile gloves and rubber/waterproof boots, and be cautious when cleaning up.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Remove shoes before entering your home.
- Treat all downed power lines as "live" and stay clear of them until removed by a professional first responder or utility company.

- Have a plan for “tornado warnings” that may impact your area.
- Watch for snakes when working in wood piles or underneath homes.

Floods

The following is taken from FEMA's Hurricane Sandy Recovery Fact Sheet No. 1.

According to FEMA, floodwaters can carry a variety of contaminants. Furthermore, houses not dried out within a week can have several added problems and harmful substances such as asbestos and mold. If these are not properly disposed of, there is a good chance that they will spread. Here are a few guidelines FEMA recommends for protection:

Protection from electrical shock: Because of the danger of shocks and fire, electrical receptacles that were flooded should not be used to operate cleaning or drying equipment. An electrician should evaluate the condition of flooded components prior to use. As a rule, all flooded receptacles should be removed and replaced after the appropriate circuit breakers or fuses are deactivated and the interruption of power to the receptacle confirmed.

Protection from mold contamination: Anyone entering a house with visible mold growth should wear a disposable suit to prevent contamination of their clothes and vehicle, rubber gloves or other hand protection, and respiratory protection. A disposable respirator marked with an N-95 rating (when used in accordance with the manufacturer's instructions) offers the minimum lung protection that should be used when in the presence of mold. A full-face respirator is recommended for mold cleaning to protect both the eyes and the respiratory system. If a full-face respirator is not used during cleaning, goggles or a face shield should be worn with the disposable respirator. The OSHA Fact Sheet, *Mold Hazards During Hurricane Sandy Cleanup*, provides information on mold (OSHA-FS-3619, 2012).

Protection from asbestos and lead paint: Asbestos in floor tile, pipe and boiler insulation, and electrical wiring is common in many homes built before 1980.... Breathing asbestos fibers released from building products can increase the risk of cancer and cause a number of serious lung diseases. Similarly, paint in homes constructed prior to 1978 may contain lead. If lead paint is aerosolized during muck-out or gutting activities it can damage a person's health and is especially dangerous to child occupants if not cleaned up properly. If asbestos or lead paint

is suspected, obtain the services of a specialist to perform material testing, and do not disturb the material until testing has been completed. If testing confirms the presence of lead, remediation should be conducted by a licensed professional. If materials containing asbestos are present, remediation must be performed in accordance with applicable State and Federal regulations.

In order to clean a house that has been flooded, it is recommended that you:

- Set-up plastic barriers between affected and non-affected areas to prevent the spread of harmful substances
- Clean all objects that are exposed to floodwaters. Replace any porous materials.
- Use cleaning products registered with the EPA.
 - For information regarding registered chemicals that work as antimicrobials which will help clean mold, visit <https://iaspub.epa.gov/apex/pesticides/f?p=PPLS:1>.
- Clean moldy surfaces first and then disinfect them.
- Apply the cleaners using foam and brush cleaning processes, followed by pressure washing.
 - Foam cleaning processes allows the cleaning agent to stay on the surface of the contaminated area long enough to kill mold and bacteria. It also makes drying easier.
 - Brush cleaning processes improve decontamination of surfaces by scrubbing the foam into the affected areas. The combination of brush and foam cleaning helps to remove waterborne contaminants other than mold which are absorbed in wood.
 - Residual foam on surfaces can be rinsed off with water. A residential-type pressure washer set at a low pressure is the most efficient method of rinsing.
- Weather can either aid or slow the spread of mold. If working in a building, it should be heated enough to ensure the relative comfort of the workers.
- For crawlspaces, remove flooring for ease of access, then remove solid contamination and any remaining water, application and agitation of cleaning foam on exposed areas, and covering of exposed ground to minimize potential mold growth.

Discussion Questions

1. What areas nearby are susceptible to hurricanes/floods?
2. How old are the houses in your neighborhoods? Would they be subject to any of the dangers listed above?
3. What are the regulations in your areas for muck-outs?
4. What equipment will you need to find in order to be adequately prepared for a hurricane/flood?

Earthquake

Some of the following information is taken from <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake.html> as accessed on 12/31/19.

Following an earthquake, there is certainly a variety of hazards around, and usually the area in which you are responding has had a primary response from first responders. The major hazards are unstable buildings and materials that may pose a hazard during the inevitable aftershocks. Here are a few safety tips:

- Wear a close-fitting respirator that is rated N-95 or P-100 to block ash particles from being inhaled. Bandanas or cloth masks do not effectively block fine particles.
- Wear gloves, hard hats, eye protection, long sleeved shirts, long pants, socks, and durable shoes to protect yourself from the variety of fallen or hanging debris.
- After an earthquake, the disaster may continue. Expect and prepare for potential aftershocks, landslides or even a tsunami if you live on a coast. Each time you feel an aftershock, DROP, COVER and HOLD ON. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake.
- Look for and extinguish small fires. Fire is the most common hazard after an earthquake.
- Treat all downed power lines as “live” and stay clear of them until removed by a professional first responder or utility company.
- Use extreme caution when entering buildings and examine walls, floors, doors, staircases and windows to check for damage.

- Watch out for broken gas lines and report them to the utility company immediately.
- If you smell natural or propane gas or hear a hissing noise, leave immediately and call the fire department.
- Open closet and cabinet doors carefully as contents may have shifted.
- Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.

Discussion Questions

1. What areas nearby are susceptible to earthquakes?
2. How old are the houses in your neighborhoods? Are they built to current code?
3. What are the regulations in your areas for responding to earthquakes?
4. What equipment will you need to find in order to be adequately prepared to respond to an earthquake?

Fire/Ash Out

Some of the following information is taken from: <https://www.cdph.ca.gov/programs/OPA/Pages/NR18-056.aspx> as accessed on 7/29/19

Following a wildfire one of the common tasks we have performed is Personal Property Recovery, commonly referred to as an Ash Out. During this phase of the disaster, we will meet with the homeowners of homes that have burned down, and will help them sift through the ashes of what was their home, and try to recover as much of their valuables as possible. It may appear at first that this is a hopeless task, but we have been successful in finding family heirlooms such as jewelry, fine china, silverware sets, and a variety of other irreplaceable items. There are a few safety measures that you'll want to have in place prior to starting a personal property recovery operation. Here are a few:

- Wear a close-fitting respirator that is rated N-95 or P-100 to block ash particles from being inhaled. Bandanas, surgical, or cloth masks do not effectively block fine particles.

° Note: Ash from burned buildings, vehicles, and similar items can contain toxic substances such as arsenic, asbestos, lead, and fine particles which can aggravate asthma and other respiratory problems.

- Wear gloves, long sleeved shirts, long pants, socks, and durable shoes to avoid skin contact with ash. Coveralls, or Tyvek suits need to be worn over these to keep the contaminants from being absorbed into the clothing, transferred to vehicles and sleeping/dining facilities, and make for easier cleanup between sites.
- If you do get ash on your skin, wash it out as soon as possible.
- Remove shoes before entering your home or use "sticky mats" in entryways and doors to remove dust and ash from your shoes.
- Never use a leaf blower, as it will spread the ash and blow it back into the air.
- The use of shop vacuums and other non-HEPA filter vacuums is not recommended. HEPA filter vacuums could be used, if available.

Discussion Questions

1. What areas nearby are especially susceptible to fires?
2. What are the regulations in your areas for ash outs? Is it legal for volunteers to perform?
3. What equipment will you need to find in order to be adequately prepared for an ash out?

Tornadoes

The following is taken from https://www.fema.gov/media-library-data/a4ec63524f9fd1fa5d72be63bd6b29cf/FEMA_FS_tornado_508_8-15-13.pdf

If a Tornado strikes while you are on a disaster relief job and you have access to a structurally sound and undamaged building, go to the lowest innermost room. Stay away from corners, windows, doors, and outside walls. Put on sturdy shoes and protect your head. If you are not able to take shelter in a building, either go to your car, put your seatbelt on, and surround yourself with some cushioning, or find the lowest area of ground and lie down. Do NOT take refuge under a bridge or overpass. When cleaning up after a tornado, wear sturdy boots and assume all dangling or loose power lines to be live until it is confirmed the power company has shut them off.

Discussion Questions

1. What areas nearby are especially susceptible to tornadoes?
2. What plans do you and your family have for when a tornado strikes?
3. Is it a good idea to take shelter under a bridge or overpass?

Concluding Remarks

In any response situation, people should seek medical care if they experience health issues such as chest pain, chest tightness or shortness of breath.

The federal government has a site called Ready.gov <https://www.ready.gov/> that has a tremendous amount of information on what to do before, during, and after the disaster. The American Red Cross is another great place for information <https://www.redcross.org/>. The recommendations above are just a starting point for you, and by no means considered an exhaustive list, and there is a wealth of information for you to access prior to responding in a disaster relief role. Also please remember, some of the material above is special to California and the United States more broadly. Depending on where the disaster occurs, there may be different regulations.

Finally, many of these disaster responses require the use of heavy equipment, power tools, or chainsaws. If your church has a Risk Manager, check with them prior to setting your folks loose out in the field. When responding with organizations like the Southern Baptist Convention (for example), they have their own certification program for you to operate heavy equipment or chainsaws. At Saddleback Church, we don't do our own certifications, but we do rely on our members to produce documentation that they have completed recognized programs such as those offered by The Southern Baptist Convention, the National Wildfire Coordinating Group, or Professional programs that meet the intent of HEALTH AND SAFETY CODE HANDBOOK 6709.11 (Chainsaw safety). When using chainsaws to fell trees or cut large branches, always make sure that the surrounding area is clear of people and objects that could be damaged. There are also considerations like how to pray with the homeowners, liability releases, cell phone and picture policies. This all may seem daunting at first, but we are here to help you navigate these waters.