

All-Hazards Mitigation Plan for One

By Jonathan Ore

Life seems to always throw curveballs at us in the worst of times. Having a plan to mitigate the impact of that curveball can be the difference of life and death. This all-hazards mitigation plan attempts to meet as many of these curveballs as possible. The events that this plan does not specifically address, this plan will adapt and adjust to this new circumstance. The point of having a plan like this is that if a disaster strikes my household will know what to do and act in the best possible way to prevent harm, death, or requiring others to act in our protection.

I live in a sub-basement apartment in [REDACTED] I live alone with two people in the main house. The supplies that are referenced in this plan are for one but if needed the supplies can be shared and divided. All other supplies in the main house are not accounted for in this plan as I have not confirmed their presence and status.

There are three locations that I frequent, my apartment in [REDACTED] the downtown Georgetown University building in DC, and a friend's house in [REDACTED] I also have an emergency evacuation location in Pennsylvania where I have some family. Maps of these evacuation and/or movements are below in the Maps section of this document.

Part 1

1. How will I receive emergency alerts and warnings?
 - a. Emergency alerts and warnings on my phone,
 - b. Google alerts to my email
 - c. Georgetown University alerts to my email
 - d. Radio with weather and an emergency band that has solar, battery, and hand-crank power options
2. What is my shelter plan?
 - a. Where I live has a very low chance of flooding [REDACTED] so I will stay in my sub-basement apartment
 - b. If flooding does occur I will move up into the main house which has three additional stories.
 - c. If in the city I will stay in the basement of the Georgetown University downtown campus or stay with a friend that lives a 5-minute walk from that facility
3. What is my evacuation route?
 - a. From the downtown school building to my apartment
 - i. Metro
 - ii. If the metro is down I will walk on the Custis Trail to my apartment (6.0 miles) (I know this trip well and can easily work it in the dark)
 - b. From from my apartment to Fairfax
 - i. Drive my car (I try to keep the fuel tank above 1\3)

- ii. If the car is not an option or I run out of gas I will walk (17.4 miles)
 - 1. This will be hard but I have food and water in the car and have walked this distance before
 - c. From my apartment to Pennsylvania
 - i. Drive
 - ii. If driving is not an option
 - 1. Shelter in place
 - 2. Work with local and state resources to acquire evacuation transportation
 - 3. Use military assets to get assistance
- 4. What is my family/household communication plan?
 - a. I live alone but if I need to contact my landlord that lives in the main house I will text or call him.
 - b. If that is not an option I can go upstairs and talk to him in person.
- 5. Do I need to update my emergency preparedness kit?
 - a. My emergency preparedness kit was updated on 12 Aug 2021. It is up to date and contends
 - i. Water (10 liters) dated with a sharpie on each bottle cleaned and replaced every 6 months
 - 1. If water is unusable chlorine purification tablets to purify water
 - 2. Use of cloth, colander, and letting the water settle for filtering the water
 - 3. If there is not enough time for cleaning the water 2 life-straws will be used.
 - ii. Food (non-perishable two weeks) (perishable 3-7 days) supply for one person
 - 1. Cooking
 - a. half non-perishable food does not require cooking
 - b. Electric stove
 - c. Outside fire pit and cast-iron pots and pans (3 each a different size)
 - d. Use of small controlled fires can be made with coffee cans, lighter fuel, and ventilation
 - e. The use of citric acid can partially cook some foods
 - i. In the perishable foods I always have limes that contain citric acid
 - b. Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert (checked at the start of every month)

- c. Flashlight (10 with backup batteries) (checked every month)
- d. Extensive medical kit including antibiotics, dysentery medication, First aid supplies, stitching needle and thread, splints, cold and flu medication, stimulants and depressants, sterilizing agents, and Quick Clot and tourniquets. (checked after every use)(about every two weeks)
- e. Extra batteries
 - i. External batteries with solar chargers for smaller devices
 - ii. Extra disposable batteries (updated 03 Jul 2021)
- f. Whistle (to signal for help)
 - i. Chemical light sticks
 - ii. Strobing and S.O.S lights
 - iii. 1 Whistle
- g. Dust mask (to help filter contaminated air)
 - i. One M40 field protective mask
 - ii. Two M2 masks
 - iii. Many surgical and cloth masks
- h. Plastic sheeting and duct tape (to shelter in place)
 - i. Duck-tape and other adhesive strips
 - ii. Trash bags, plastic bags, and other sheltering equipment
- i. Moist towelettes, garbage bags and plastic ties (for personal sanitation)
 - i. Baby wipes
 - ii. Hand towels
 - iii. Sanitizing agents
 - iv. Soap
 - v. Waterless soap
- j. Wrench or pliers (to turn off utilities)
 - i. Power tools with batteries that are recharged weekly (including drill, circular saw, reciprocating saw, and angle grinder) (checked every even month)
 - ii. One full-sized ax, three hand-axes, and many hand tools (checked after every use)(when checked PMCI, lubrication and repairs)(about every week)
- k. Manual can opener (for food)
 - i. One manual can opener
 - ii. Many P-38 manual can opener
 - iii. One set of tin snips that can be used to open cans of all types
 - iv. Concrete side steps outside that can be used to open cans if needed
- l. Local maps
 - i. Saved digital maps on all mobile devices

- ii. Paper and plastic maps of the immediate and surrounding area as well as all evacuation points
- m. Cell phone with chargers and a backup battery
 - i. One cell phone with external, battery, and solar backup power supplies
 - ii. One backup “dumb” cell phone with the same backup power supplies
- 6. Check with the Centers for Disease Control (CDC) and update my emergency plans due to Coronavirus.
 - a. All people in the household (main house and sub-basement) are fully vaccinated and have the ability to quarantine for two weeks if necessary

Part 2

1. Different ages of members within your household
 - a. I live alone in the sub-basement so everyone is the same age
 - b. The household as a whole has two age groups mid-30s and early-40s
2. Responsibilities for assisting others
 - a. Everyone can carry their own weight
 - b. If anyone needs additional assistance whoever is capable will provide that assistance (depending on the type of assistance and capability of the person providing that assistance)
3. Locations frequented
 - a. Apartment
 - b. Georgetown University downtown campus
 - c. Fairfax friends house
4. Dietary needs
 - a. There are no limiting factors in all persons dietary needs
5. Medical needs including prescriptions and equipment
 - a. No prescriptions are needed on a regular basis
 - b. The medical kit can provide most medical needs that might come up
6. Disabilities or access and functional needs including devices and equipment
 - a. No disabilities that require additional functional needs or devices are required at this time
7. Languages spoken
 - a. The household can speak five languages but English is commonly spoken overall
 - i. English
 - ii. Vietnamese
 - iii. French
 - iv. Kiswahili
 - v. Kinaturu
8. Cultural and religious considerations
 - a. In the basement and the main house, all persons are willing and able culturally to trap and eat animals in the area

- i. Squirrels
 - ii. Rabbits
 - iii. Crows
 - iv. Rats
 - v. Etc.
- 9. Pets or service animals
 - a. No pets or service animals in the household
- 10. Households with school-aged children
 - a. No children in the household

Emergency contact information

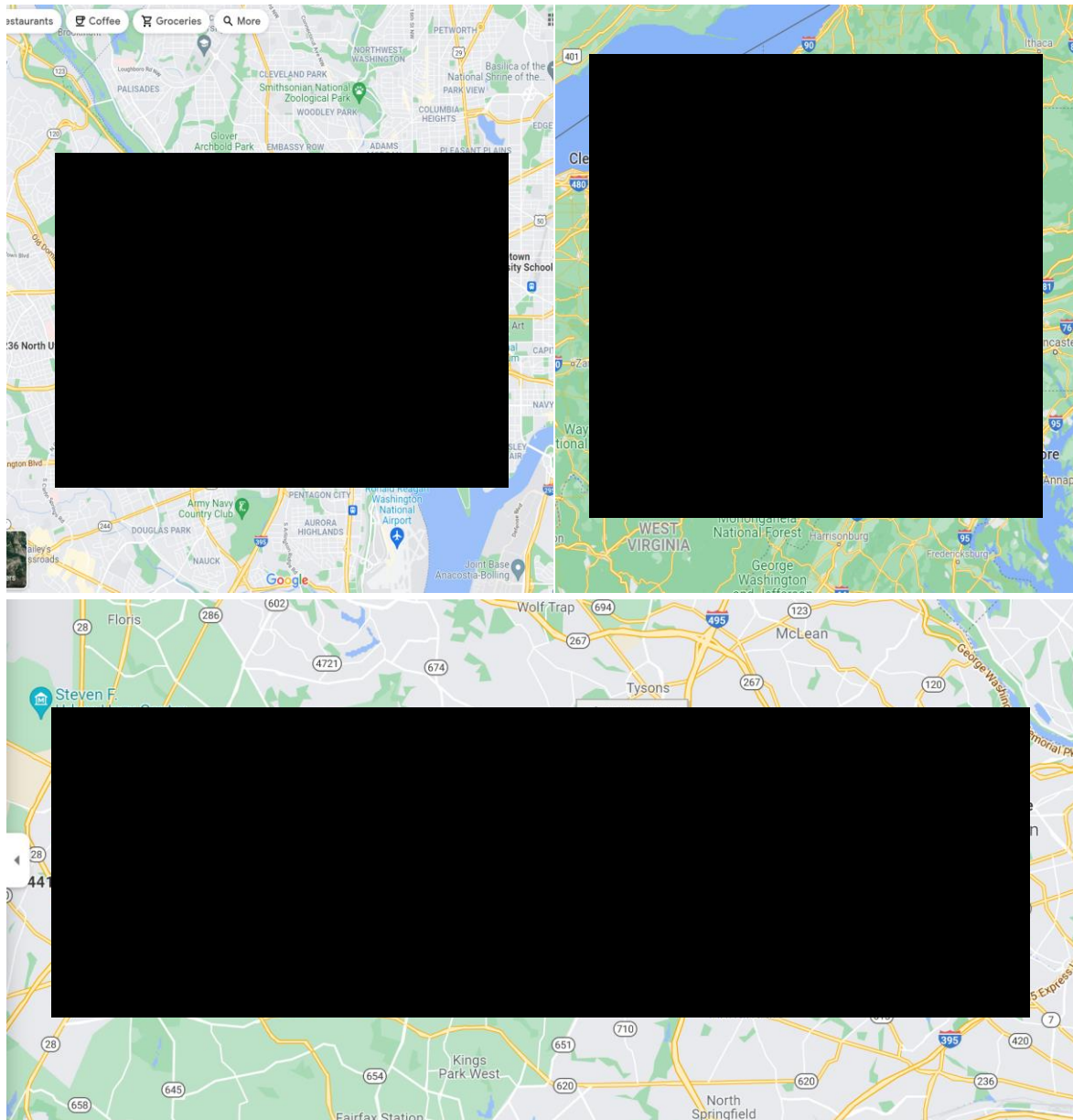
- a. Family
 - i. [REDACTED]
 - 1. [REDACTED]
 - ii. [REDACTED]
 - 1. [REDACTED]
- b. Local friends
 - i. [REDACTED]
 - 1. [REDACTED]
 - ii. [REDACTED]
 - 1. [REDACTED]
- c. Backup emergency contacts
 - i. [REDACTED]
 - 1. [REDACTED]
 - ii. [REDACTED]
 - 1. [REDACTED]

Schedule Preventative Maintenance Checks and Inspections (PMCI)

- 1. Equipment and supplies schedule
 - a. Water is emptied, cleaned, and refilled every 6 months.
 - i. Check bottles for updated information (marked on the side)
 - b. Medical supplies expiration dates and on a list in the front pocket of the medical bag. The bag is checked and updated whenever used
 - i. Usually once a month
 - c. Food is good for many years and the raisins are used and replaced with new food about every year or as needed.
 - d. Batteries and electronic equipment including radio is checked regularly (about once a week - month depending)
 - i. When replacements or upgrades are needed they are.
 - ii.

Maps

1. Maps of evacuation routes



Scenario 1

A storm of high winds and rain hits the area. I am in the downtown Georgetown building, and it is night. The power is lost, and the storm should not end until the morning. I will shelter in place using the water I have on me and the facilities. I have a day's worth of food in my pack and I can stretch that if I need to share with others. The use of the power bank I have will keep my phone charged. In the morning I will try to take the metro to my apartment. If the metro is not running, I will utilize the wet-weather gear I have in my pack to protect everything in the pack and walk the six miles along the Custis Trail to my apartment. Once there I will change and dry off into clean clothes and use blankets to increase my core temper. Getting the temperature up along with multivitamins and drinking water should stave off getting sick. If power is still out I will deploy solar sheets to charge power banks and small electronics. Monitoring the radio on the NOAA Weather station band to get updates on the event. I will communicate with the people in the main house to share supplies or provide aid if needed. The house can maintain this level of sheltering for a minimum of one week and if needed three weeks.

Scenario 2

Violence in downtown Washington DC breaks out and I am in the downtown Georgetown building. I would get an alert by email from Georgetown University informing all staff and students of the event and the closing of facilities. I would pack up all of my school equipment into my pack and walk to the Metro Center. I would keep my awareness up and watch for anything that might escalate or drag me into it. Avoiding at all costs. At the Metro Center, I would stand with my back against the wall and sit in the front car of the train. Once back at my apartment I would prepare for sheltering in place. If the violence started moving into my area I would take the medical bag, non-perishable food, and water load them all into my car and drive to my friend's house in Fairfax. I would drive on as many surface streets as possible and avoid anything that looks like I could get stuck or not have an escape plan. This would be accomplished with saved digital maps on my cell phone and maps of Virginia as a backup. I can stay there with the supplies I brought and on location for a minimum of one week and a maximum of one and a half weeks. Local grocery stores and restaurants will be utilized if possible.

Scenario 3

An alien parasite has come to the Washington DC area. This parasite spreads quickly by eating people and then replacing them with lookalikes. The city goes into a panic, martial law is declared, and everyone is trying to evacuate away from the city. I would pack up all of my emergency supplies into my car and try to get to Pennsylvania and stay with my family. If I found that my car was out of gas I would walk to the nearest gas station and fill up a fuel can. If that station was out of or I was unable to get the supplies I needed I would look for abandoned cars. Using a cut hose from the house and the fuel can I would siphon the gas out of the car until

I had a full tank and some to spare if possible. On the road I would find military checkpoints testing people for this parasite by burning their hands with a lighter. I would wait for my turn and submit to the testing. This could take hours or days depending on how many people are trying to get out. So, I would try to find a smaller road that is not used commonly. This would mean that fewer people would be trying to get out there and also that fewer troops would be guarding the checkpoint. This could also mean that there is less likelihood that one of the aliens is in the line with me. Decreasing my risk of getting eaten and replaced as well as possible delays as the troops try to kill aliens, they find from the testing efforts. I could stay in the car for weeks if needed given I push the small car when I have to move it, saving on fuel, sunny days to charge portable solar panels to run my mobile devices for entertainment, and a small portable fan to stay cool that runs off internal battery that can be charged with the solar panels. Once through the checkpoint, I would proceed to Pennsylvania and my family. Once there I would perform the same test I watched the troops perform on me, and will perform it on myself and my family members to confirm we all are not aliens. We would shelter in place as best as possible and wait for the all-clear sign from the government letting me know I can return to my apartment.

Conclusion

This all-hazards approach attempts to have a plan for specific situations as well as providing the framework to adapt to unforeseen situations. This plan's information comes from the www.ready.gov website, experience, and scenario planning. This plan is, for the most part, a one-person's plan making it easier to adjust to situations, but as clearly shown this plan does take into account common people in my life that each scenario might be affected in one way or another. With this plan, it is my hope that I am prepared for anything life might throw at me by adjusting, adapting, working together, and above all surviving.