

# Disaster Preparedness Team



## In Recent Years

South Asia Tsunami (Dec 2004)  
Hurricane Katrina (Aug 2005)  
Pakistan Earthquake (Oct 2005)  
Indonesia Earthquake (May 2006)  
Myanmar Cyclone (May 2008)  
China Earthquake (May 2008)  
Indonesia Earthquake (Sept 2009)  
Haiti Earthquake (Jan 2010)  
Pakistan Floods (Jul 2010)  
Japan Earthquake (March 2011)

**Are you prepared for the next one?**

## What Causes Disasters to Happen?

“So We punished each (of them) for his sins, of them were some on whom We sent Hasiban (a violent wind with shower of stones) [as the people of Lout (Lot)], and of them were some who were overtaken by As Saihah [torment awful cry, etc. (as Thamud or Shu’aib’s people)], and of them were some whom We caused the earth to swallow [as Qarun (Korah)], and of them were some whom We drowned [as the people of Nuh (Noah), or Fir’aun (Pharaoh) and his people]. It was not Allah Who wronged them, but they wronged themselves.”

**(Al-Quran, Chapter 29, Verse 40)**

Abu Hurairah reported that the Messenger of Allah (peace be upon him) said, “when, booty will be taken as a private property, property given in trust is treated as a gain, Zakat (obligatory charity) is considered as a burden, learning will be acquired other than for religion, a man shall obey his wife and disobey his mother, he shall draw his friend near and drive his father far off, voices shall be loud in the masaajid, the sinner among a people shall become their leader, the leader among a people shall become the vilest of them, a man shall be honored out of fear of his mischief, singing girls and musical instruments shall appear, wine will be drunk, and the latter generations of this people will curse their former ones - Wait at that time for a violent windstorm, an earthquake, and sinking down of earth, and deformity/mutilation of men, and falling/raining of stones and objects from the sky, and several signs that will follow like a string of gems whose string has been cut of and so they fall one after another”.

**(Al-Tirmidhi, 5450)**

**Disaster could strike at any moment...**

**Don't Wait Until it's too Late!**

As the frequency of disasters are undoubtedly increasing all over the world, the importance of acquiring disaster preparedness is now imminent.

## Disaster Preparedness Team's Scope

Under this effort, Hidaya Foundation works with communities and individuals near our headquarters in the San Francisco Bay Area to get them trained at local training programs that allow them to become part of community response teams. We also raise awareness and direct people towards how they can go about getting training in other parts of the country.

## Mission Statement

- To acquire disaster preparedness training in order to prepare and protect one's self, family and neighbors in the event that a disaster should strike.
- To raise awareness on how and where individuals can go about getting training and becoming equipped to prepare for disasters

**For more information about Disaster Preparedness Team please contact:**



# Hidaya Foundation

www.hidaya.org | 866.2.HIDAYA | mail@hidaya.org

Hidaya Foundation is a non-profit 501 (c)(3) charitable organization with Tax ID # 77-0502583

# Disaster Preparedness Team

## Make your own Disaster Preparedness Kit

### Must Have:

**Water** (1 gallon per person per day, for at least 3 days)

### Food

- Medjool Dates (long lasting, one 15 lbs box will be plenty for a family of 5)
- Other Non-Perishable Foods You Like
- Powdered Milk
- Paper Cups, Plastic Spoon - for mixing milk

### First Aid Kit

- Medical Scissors
- Triangular Bandage (Large, can use for making a sling, wrapping around one's head, or fold up and use like gauze)
- 4 x 4 Inch Gauze Pads (5 or 6 to be used as bandages for large cuts)
- Bandages (for keeping gauze on)
- Adhesive tape (one roll of 1 inch tape)
- Sanitary napkins (control excessive bleeding)
- Band Aids (4 or 5 strips for small cuts)
- Antiseptic Solution (used to cleanse wounds)
- Latex Gloves

### Qur'an

**Miswaks** - for cleaning your teeth

**Water Proof Matches** - make fire (cooking/warmth)

### Flashlight & Batteries

### Tool Kit

**Large Heavy Duty Plastic Trash Bags** - storage of waste, medical uses.

**Shut-Off Wrench** - to shut off your gas and neighbors' gas if there is a leak

**Axe** - Breakdown debris, create cribbing supplies (to get heavy object off of somebody using leverage)

### Rope

### Duct Tape

### Shovel

### Work Gloves



### Optional/Good to Have:

#### Multi-Use Tool

**Battery Radio/Crank Radio & Batteries** - Keep informed when power is out

**Camping Supplies** (Blankets/Sleeping Bags, Tent) - sleeping, warmth, comfort, shelter

**Camping Stove** (& supplies needed to operate it)

**Money** (dollars and quarters) - ATMs may not work, Businesses will require cash and will have minimal change. Pay phones will be usable before residential phones.

**Sanitation Supplies** (Soap, Towels, Toilet Paper)

#### Prescription Medicines

#### Eye Glasses/Extra Contact Lenses

**Heavy Clothes, Boots or Shoes** - will need that to go through debris

#### Can Opener

#### Cooking and Eating Utensils

**Aluminum Foil, Plastic Wrap, Zip-Lock Bags** - for cooking and storing food

Store your disaster preparedness kit in a place that will be easily accessible in case your home is damaged and not inhabitable - such as in a garage, side yard, by the front door, or in your car. Food items should be enough to last at least one week.

**To sign up for Disaster Preparedness Training Classes, contact . . .**



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