1) What does ‘Community Strength & Preparedness’ mean?
   - Being ready for any crisis
   - Keeping ourselves and our families safe during a crisis
   - Being familiar with resources available to us
   - Using our strengths and knowledge to help others and keep our community strong

   Examples:
   - Fire
   - Flood
   - Bridge Collapse
   - Earthquake
   - Nuclear/Radiation
   - Public Health (H1N1 outbreak)

2. What were the conditions like in your home country when you may have had to face similar challenges?

   (Ask for specific examples or host offer examples depending on the guest…)

3. What have you learned from those experiences and how have they made you stronger?

4. Who or what helped you deal with these hard times?

   (Let’s talk about how we can prepare ourselves and our families for future hard times.)

5. How can families prepare for the types of disasters we mentioned?
   - Gather emergency supplies and extra food and water.
   - Develop a family disaster plan.
   - Know how to stay informed.
6. In a crisis, how can a person find out what to do to protect their family?
   - Listen to the radio and television for current information and instructions.
   - Check ECHO website or ECHO phone for information in your language.
   - Trust your local officials, including police and health workers, to tell you how to be safe.
   - Check with other emergency organizations such as the Red Cross.

7. How can families be prepared in case something happens when people are at work or in school?
   - Sit down and talk with your family about the types of emergencies that can happen.
   - Plan what to do in each case, including designating meeting places.
   - Practice the plan
   - Create a list of important family information and share it with all family members.

8. What should family members do if they need to evacuate?
   - Meet at one of two places you have identified in your plan: either the one right outside your home in case of a fire, or the one outside your neighborhood in case you cannot return home.
   - Call a relative or friend who lives out of the area who you have asked to be your family’s contact person. Tell this person where you are.

9. How can you help keep your community safe before a crisis ever happens?
   - Do simple things like keeping pavements clear during icy weather and checking on neighbors.
   - Get training so you can work with emergency services in your community.

10. If a crisis does happen, what are some important things to remember?
    - Don’t put yourself at risk.
    - Keep yourself in good health, and meet yours and your family’s basic needs first.
    - Calm others’ fears and help them get the help they need.

11. How can we make sure everyone in the community knows about a problem and where they can get help?
    - Get to know your neighbors, and talk with your friends and other neighbors to make sure that someone will check on those who need help.
    - Provide simple, accurate information to community members and repeat it as often as needed.
    - Tell others about ECHO and other resources where they can get help.

12. How might dealing with a crisis situation in the U.S. be different than what someone is used to in his native country?
    - There are many specialized resources available
    - Many organizations are here to help and are trained to help (e.g. Red Cross)
    - Emergency/crisis workers have specific training and are ready to mobilize

13. What can a person do to keep him or herself healthy and mentally strong?
    - Keep active with regular exercise and a healthy diet.
    - Talk regularly with someone you trust.
    - Avoid tobacco and the misuse of alcohol or other drugs.
    - Get adequate sleep.
• Help others as best you can.

14. **What are some skills you can learn to help yourself?**
• Understand the basics of emergency response.
• Know the resources in the community.
• Learn about psychological first aid, which is:
  • Helping victims cope after a disaster or crisis
  • Making them feel:
    • Safe
    • Calm
    • Connected to others
    • Self-sufficient or empowered
    • Hopeful

15. **By preparing for a crisis, are we inviting one to happen?**
• In many cases we can’t stop the crisis from happening, so our best chance of dealing with it is to be prepared.
• We are better equipped to help our families and community.
• If we’re prepared and never have to put our plan into action, nothing is lost.