

# Stanislaus County Medical Reserve Corps

## Personal Preparedness Self Study Module

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Name:

Date:

1. Citizens don't have any responsibilities in an emergency because government takes care of everything.  
 True       False
2. A family disaster plan includes which of the following:
3. It's a good idea to organize your legal documents and important records and store them in a waterproof, fireproof container so they can be easily carried if needed.  
 True       False
4. Disaster kits should contain at least 10 gallons of water per person per day.  
 True       False
5. Examples of special needs include items such as eyeglasses, medications, bottles, diapers and
6. Pets can stay with you in a public shelter.  
 True       False
7. First-aid kits should include the following components:
8. Children and adults can feel stress during an emergency situation or while recovering from a disaster. Returning to normal routines as soon as possible and sharing feelings can help manage stress.  
 True       False
9. Age-appropriate children should know their address, your work number, how to call 9-1-1, and the safe places to go if needed.  
 True       False
10. I am prepared for an emergency or disaster.  
 True       False