

How to Increase Your Odds of Surviving a Disaster

Be it natural or man-made, disasters can happen in the blink of an eye, putting you in the ultimate challenge of escaping alive. Follow the lead of survivors with the steps in this article.

Steps

- 1 Schedule drills every few months.** Organize disaster preparedness drills with your family for earthquakes, tornadoes, fires, or any other disaster until the repetition locks in and you know for sure what to do. Your chances of surviving a disaster increase significantly if you've been prepped on how to make it out well in advance.
- 2 Understand that safety comes first.** Don't waste time debating if there really is a fire or not, if a recent earthquake triggered a tsunami or not, etc. Get to safety first, ask questions later.
- 3 Don't take your time.** Patience isn't usually a virtue when trying to survive a disaster. Oftentimes, people are more inclined to dandle in bewilderment during a disaster rather than trying to escape as quickly and safely as possible.
- 4 Leave everything behind.** Don't risk your safety by returning to the scene of a disaster for any personal belongings. Those few seconds could cost you your life.
- 5 Make friends with your neighbors.** These are the people you'll be in the same situation with during a disaster.

Tips

- Keep moving if you need to evacuate an area. Tell this to people who are overcome by shock, and may be frozen in place.
- When on a plane, always pay attention to the safety procedure announcements, and thoroughly read through the safety pamphlet in the seat pocket. No matter how many times you've heard the same spiel in your life, in the event of an emergency, you'll be glad you were listening.

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