



# Low-Cost/No-Cost Safety and Security Measures for Individuals and Families

Jewish community members face a wide variety of threats from natural disasters to targeted anti-Semitic crimes. As a result of these varying threats, individuals and families must take steps to prepare. Emergency preparedness can often be intimidating due not only to the large number of threats and hazards that must be prepared for, but also the anticipated costs associated with it. However, providing for the safety and security of yourself and/or your family does not have to be costly, and its benefits are invaluable. This document outlines safety and security measures that are of little to no cost.

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## Keep Your Landscaping Neat

*Neat and tidy landscaping is a crucial element in preventing not only criminal activity, but also increasing safety during natural disasters.*

- Keep bushes and trees trimmed and neat to eliminate hiding spots, provide clear lines of sight, and prevent access to your home
  - Bushes and shrubbery should be no higher than 3 feet and the lowest limb on any trees near your home should be no lower than 7 feet
- Avoid planting large trees close to your house and remove dead limbs on existing trees
  - Severe storms, tornadoes, and hurricanes can damage trees which could damage your home and/or injure occupants

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## Light Up the Night

*Lights are an easy and important way to deter criminal activity. Proper lighting in and around your property will deny criminals the cover that they desire.*

- Ensure existing light fixtures are working
  - Replace broken fixtures and burnt out lightbulbs
- Consider installing dusk to dawn sensors on light fixtures so that lights automatically turn on at night
- Install motion detectors
- Solar or battery powered pathway lights are not only decorative; they can provide added lights around your property in previously unlit areas

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## Secure Your Home

*Keeping your home secure can deter and prevent criminals from gaining access to your home.*

- Ensure all doors and windows are locked, even when you are home
  - Install quality deadbolts on exterior doors to prevent doors from being kicked in
    - Throw bolts (the piece that extends when you lock the door) should be at least 1 inch long
    - Replace door jamb and strike plate screws with 3-inch-long screws
  - Do not store a spare key outside
- Install blinds and curtains on your windows to prevent outside observation
- Make it seem like you're home even when you're not
  - Set certain lights on a timer
  - Turn on the radio or a TV
- Consider installing a home security system

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## Develop a Plan

*Sometimes incidents can't be avoided, but having a plan can limit impacts of an incident*

- Complete the [SCN Home Safety Plan](#)
- Review and update the plan annually
- Practice. Practice. Practice.

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## Create Emergency Kits

*Incidents can happen at any time and any place.*

*Building emergency kits for wherever you may be can help you prepare for and respond to incidents.*

- Utilize the checklist in Appendix A to build your emergency kits
- Keep emergency kits at your home, office, and in your car. Also have a “go bag.” ready in case you need to evacuate.
- Check the contents of your kits annually to ensure they are not expired
- Make sure all household members know where emergency supplies are stored

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## Attend Civilian Preparedness Training

*Emergency preparedness training courses can help you protect and care for yourself and/or your family members during an emergency.*

- First Aid and CPR/AED
  - Contact your local fire department. Often, they offer courses at a free or reduced cost.
  - Search the American Red Cross or American Heart Association’s website for local classes
- Attend a Secure Community Network (SCN) Training
  - SCN offers the following training courses:
    - Stop the Bleed (STB)
    - Countering Active Threat Training (CATT)
    - Situational Awareness (SA)
    - Usher/Greeter
- Join a local volunteer organization
  - Contact your local government Many localities have volunteer organizations such as medical reserve corps (MRC) and community emergency response teams (CERT) for help during emergencies
  - Volunteer organizations often provide free or reduced emergency preparedness trainings to their member

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## Out in Public

*Being aware of your surroundings and prepared to respond costs you nothing but is invaluable to your safety and security.*

- Head on a swivel—keep your head up, constantly looking around and observing your environment
- Limit distractions such as talking and/or texting on your phone and having headphones in
- Keep your keys in your hand
  - Keys can be tucked in between your fingers and utilized as a self-defense tool
  - A panic button on your key fob can be utilized to scare off an attacker

## Appendix A: Emergency Supply Kits Checklist

Emergencies can strike at any time and any place. Whether you're at home, work, or on the road, you should be prepared with the necessary supplies to survive an emergency. Based on best practice and expert guidance, the following checklists have been developed to assist you develop your emergency supply kits.

It's as easy as 1, 2, 3!



**Gallon** of water per person per day.




**Weeks**—The length of time your supplies should last when you shelter-in-place.



**Days**—The length of time your supplies should last when you evacuate.

At Home	Go Kit
<ul style="list-style-type: none"> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Non-perishable food</li> <li><input type="checkbox"/> Manual can opener</li> <li><input type="checkbox"/> Battery-powered or hand crank radio with NOAA weather capabilities</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Charging block</li> <li><input type="checkbox"/> Multi-tool</li> <li><input type="checkbox"/> Plastic sheeting</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Prescription medications</li> <li><input type="checkbox"/> Over-the-counter (OTC) medications such as pain relievers and antacids</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> Masks</li> <li><input type="checkbox"/> Disinfecting cleaning supplies</li> <li><input type="checkbox"/> Sleeping bags or warm blankets</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Water or water filtration straw</li> <li><input type="checkbox"/> Reusable water bottle</li> <li><input type="checkbox"/> Non-perishable food</li> <li><input type="checkbox"/> Manual can opener</li> <li><input type="checkbox"/> Battery-powered or hand crank radio with NOAA weather capabilities</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Charging block</li> <li><input type="checkbox"/> Spare phone charger</li> <li><input type="checkbox"/> Multi-tool</li> <li><input type="checkbox"/> Emergency blanket</li> <li><input type="checkbox"/> Change of clothes and socks</li> <li><input type="checkbox"/> Matches in waterproof container</li> <li><input type="checkbox"/> Prescription medication</li> <li><input type="checkbox"/> Over-the-counter (OTC) medications such as pain relievers and antacids</li> <li><input type="checkbox"/> Extra eyeglasses and/or contacts</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> Tourniquets and clotting tools</li> <li><input type="checkbox"/> Masks</li> <li><input type="checkbox"/> Sanitation and personal hygiene items</li> <li><input type="checkbox"/> Extra cash</li> <li><input type="checkbox"/> Maps of the area</li> <li><input type="checkbox"/> Copies of important personal documents (i.e. birth certificate, social security card, passport)</li> <li><input type="checkbox"/> <a href="#">Family Emergency Plan Booklet</a></li> </ul>

At Work	In the Car
<ul style="list-style-type: none"> <li><input type="checkbox"/> Water purification tablets or filtration straw</li> <li><input type="checkbox"/> First aid kit</li> <li><input type="checkbox"/> Tourniquet and/or Stop the Bleed kits</li> <li><input type="checkbox"/> Over-the-counter (OTC) medications such as pain relievers and antacids</li> <li><input type="checkbox"/> Prescription medication</li> <li><input type="checkbox"/> Spare eyeglasses or contacts</li> <li><input type="checkbox"/> Sanitation and personal hygiene items</li> <li><input type="checkbox"/> Masks</li> <li><input type="checkbox"/> Non-perishable food</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Battery-operated or hand crank radio with NOAA weather capabilities</li> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Charging block</li> <li><input type="checkbox"/> Spare phone charger</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Multi-tool</li> <li><input type="checkbox"/> Emergency blanket</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Jumper cables</li> <li><input type="checkbox"/> Tool kit</li> <li><input type="checkbox"/> Duct tape</li> <li><input type="checkbox"/> Flashlight</li> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Charging block</li> <li><input type="checkbox"/> Spare cell phone charger</li> <li><input type="checkbox"/> Reflective triangles and/or flares</li> <li><input type="checkbox"/> Reflective vest</li> <li><input type="checkbox"/> Water</li> <li><input type="checkbox"/> Non-perishable food</li> <li><input type="checkbox"/> Fire extinguisher</li> <li><input type="checkbox"/> Change of clothes and socks</li> <li><input type="checkbox"/> Blanket</li> <li><input type="checkbox"/> First aid kit</li> </ul> <p><b>For cold weather areas:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Snow brush/ice scrapper</li> <li><input type="checkbox"/> Shovel</li> <li><input type="checkbox"/> Cat litter for traction</li> <li><input type="checkbox"/> Gloves, hats, boots</li> </ul>
Extra Items	About Secure Community Network
<ul style="list-style-type: none"> <li><input type="checkbox"/> Paper cups, plates, towels, and plastic utensils</li> <li><input type="checkbox"/> Two-way radios</li> </ul> <p><b>If you have infants or children:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Formula</li> <li><input type="checkbox"/> Extra diapers and wipes</li> <li><input type="checkbox"/> Entertainment items such as coloring books</li> </ul> <p><b>If you have pets:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Food</li> <li><input type="checkbox"/> Additional water</li> <li><input type="checkbox"/> Spare leash or harness</li> <li><input type="checkbox"/> Proof of vaccinations</li> </ul>	<div style="text-align: center;">  </div> <p>The Secure Community Network (SCN), a nonprofit 501(c)(3) organization, is the official homeland security and safety initiative of the organized Jewish community in North America. Founded in 2004, under the auspices of The Jewish Federations of North America and the Conference of Presidents of Major American Jewish Organizations, SCN serves as the central organization dedicated exclusively to the safety and security of the American Jewish Community, working across 146 federations, 50 partner organizations, over 300 independent communities as well as with other partners in the public, private, non-profit and academic sectors. SCN is dedicated to ensuring that Jewish organizations, communities, as well as life and culture can not only exist safely and securely, but flourish.</p>