

## RULE OF THREE

### *Three minutes, Three hours, Three days, Three weeks*

This simple rule gives an idea of priorities that you should focus on when planning for an emergency. Although it is not absolute, the rule of three gives good **general** direction as to what your family planning and preparedness should center on. (i.e. What are the biggest risks to me and my loved ones?)

#### **Three minutes**

You can survive about three minutes in unsafe air.

- Ensure that the atmosphere in your home is safe by having a working carbon monoxide detector.

#### **Three hours**

You can survive about three hours at a dangerous temperature.

- Protect your family with winter clothes, blankets, and an alternate heat source when cold emergencies arise.
- Ensure that you have a way to stay cool and hydrated in a heat-related emergency.

#### **Three days**

You can survive about three days without water.

- Store at least a two-week supply of clean water - two gallons per day per person. This would be 28 gallons per person for 2 weeks.

#### **Three weeks**

You can survive about three weeks without food.

- Purchase a food thermometer. Hot foods should stay hotter than 140° F and cold foods should be kept below 40° F