

# BUILD YOUR ARK



**Disaster Prep Class by  
Umur e Amma Department USA**  
Saturday, December 19 @ 3 PM EST

## Agenda

- Recitation of Holy Quran
- Dua
- Coping with New Realities
- Prepping Your Homes
- Doctor On Call
- Homeopathy
- Financial Preparedness
- Firearm Safety

*Hafiz Mahir Warraich*

*Bilal Rana*

*Rizwan & Erfan Ahmad*

*Dr. Hashim Mumtaz*

*Ali Chaudhry*

*Amer Aziz*

*Khurram Ahmed*

# Recitation of Holy Qur'an

## Chapter 99: Az-Zilzal

1. "In the name of Allāh, the Gracious, the Merciful.
2. When the earth is shaken with her *violent* shaking,
3. And the earth throws up her burdens,
4. And man says, 'What is the matter with her?'
5. On that day will she tell her news,
6. For, thy Lord will have commanded — her.
7. On that day will men issue forth in scattered groups — that they may be shown *the results* of their works.
8. "Then whoso does an atom's weight of good will see it,
9. And whoso does an atom's weight of evil will *also* see it.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ۝

إِذَا زُلْزِلَتِ الْأَرْضُ زِلْزَالَهَا ۝

وَأَخْرَجَتِ الْأَرْضُ أَثْقَالَهَا ۝

وَقَالَ الْإِنْسَانُ مَا لَهَا ۝

يَوْمَئِذٍ تُحَدِّثُ أَخْبَارَهَا ۝

بِأَنَّ رَبَّكَ أَوْحَىٰ لَهَا ۝

يَوْمَئِذٍ يَصْدُرُ النَّاسُ أَشْتَاتًا ۝

لِيُرَوْا أَعْمَالَهُمْ ۝

فَمَنْ يَعْمَلْ مِثْقَالَ ذَرَّةٍ خَيْرًا يَرَهُ ۝

وَمَنْ يَعْمَلْ مِثْقَالَ ذَرَّةٍ شَرًّا يَرَهُ ۝

# **COPING WITH NEW REALITIES**

Bilal Rana



# **THE PROMISED MESSIAH** (عَلَيْهِ السَّلَامُ)

“I have frequently been given news of coming earthquakes. Just as earthquakes have struck America and Europe in keeping with my prophecies, so shall they strike different parts of Asia.” He further said, “O Europe, you are not secure and O Asia you, too, are not secure and O inhabitants of islands, no artificial God will save you. I see cities in ruins, and I find habitations desolate. I say truly that the turn of this country is drawing nearer. You will witness with your own eyes the time of Noah and experience firsthand the episode of the people of Lot. But God is slow in wrath; repent, therefore, so that He may have mercy on you.”

*Haqiqatul Wahi, Ruhani Khazain vol 22*

**“TRUST IN  
ALLAH, BUT TIE  
YOUR CAMEL”**

Prophet  
Muhammad ﷺ

# **PREPPING YOUR HOMES MASTER CLASS**

Erfan Ahmad

Rizwan Ahmad





Guidance On Emergency Provisions at Jama'at facilities to  
mitigate effects of Natural Disasters

July 13, 2012 Friday Sermon

Watch on [YouTube](#)

# **KHALIFA-E-WAQT'S WARNINGS FOR PAST SEVERAL YEARS**

- Natural Disaster
- World War

# WHAT TYPE OF DISASTER COULD HAPPEN IN YOUR LOCAL AREA?

- Fire, Flood, Earthquake
- Hurricane, Storm, Tornadoes
- Toxic Spill or Nuclear
- Terrorism or Civil Unrest
- Cyber Attack
- Pandemic



# WHAT TO EXPECT AFTER A DISASTER?

- Emergency Services overloaded
- Property Damage / loss
- Disrupted Communication
- Families Separated
- No Power / Electricity
- No Heat
- Food shortage due to supply chain disruption
- Facilities closed, Schools, Clinics, Worship & Community center etc.
- Financial Stress
- Risk of Infection
- Stranded

# STEPS TO PREPAREDNESS



IDENTIFY



WHAT ARE YOU  
PREPARING  
FOR?



MAKE A PLAN



MAKE A KIT



BE INFORMED  
(DO NOT PANIC,  
BE PREPARED)

# MAKE A PLAN

- Establish a communication plan
- Hard copies: contact list, road maps, important documents
- Identify a person outside your area who can manage your communications
- Establish evacuation routes
- Two designated meeting places in case of an evacuation



# Guidance on keeping food stock at home for emergency situations

November 4, 2011 Friday Sermon

Watch on [YouTube](#)

# WHAT KIND OF KIT?

- Evacuation Kit (BUG OUT BAG) 2-3 Days

If You Have To Leave Your Home Or Get To Your Home,  
You Have Enough Supplies To Make It

- Shelter In Place Kit (BUG IN BAG)  
2-3 Months

If You Have To Hunker down



# EVACUATION KIT (BUG OUT)



- Water
- Food/Snacks - Ready to Eat
- First Aid Kit
- Extra Clothing
- Tools
- Flashlights
- Pocket Knife
- Full tank of fuel
- Phone / charger / power bank

- Copies of important papers
- Battery Operated Radio
- Spare Keys
- Map (Hardcopy or offline)
- Personal Hygiene Items
- Cash and coins

**\*\* RECOMMENDATION: Keep all prescription medications in one area so that they can be gathered up quickly and taken with you in case of evacuation.**

# SHELTER-IN-PLACE ITEMS (BUG IN)

- Water: drinking & hygiene
- Food: Long Shelf Life
- First Aid Kit
- Blankets/Sleeping Bag
- Extras for infants or elderly
- Heat source
- Bicycle



- Battery operated Radio
- Duct tape
- Sanitation Supplies
- Flash lights/Glow Sticks
- Hand Tools
- Generator w/ Fuel



# EXAMPLE - CAR WINTER STORM KIT



The infographic is centered around a car silhouette. Above the car, the text reads "BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR". Inside the car silhouette, the text asks "WHY?" and explains that you never know when you will encounter winter weather or an emergency road closure. Surrounding the car are 15 icons, each with a label below it, representing items to include in the kit. The items are arranged in a grid-like fashion around the central car.

**BUILDING AN EMERGENCY SUPPLY KIT  
FOR YOUR CAR**

**WHY?**  
Because you never know when you will encounter winter weather or an emergency road closure

- Cell Phone Charger
- First Aid Kit
- Jumper Cables
- Spare Tire
- Flares
- Water, Snacks
- Full Tank of Gas
- Sand or Kitty Litter
- Mittens, Hat, Boots, Warm Clothes
- Flashlight
- Snow Shovel and Brush
- Blankets
- Tow Rope

# RESOURCES

“This [Amazon](#) list is a Sample for idea”

We recommend visiting your local outdoors gear store & search local craigslist/offerup for good deal on items like camping stoves, lantern, water tank, portable generators etc.

[www.fema.gov](http://www.fema.gov)

[www.fema.gov/media-library/assets/documents/7877](http://www.fema.gov/media-library/assets/documents/7877)

Citizen Preparedness

[www.ready.gov](http://www.ready.gov)

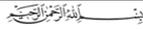
Great in-depth resource

[www.disasterassistance.gov](http://www.disasterassistance.gov)

Disaster Assistance Information

[www.nhc.noaa.gov](http://www.nhc.noaa.gov)

National Hurricane Center



**Suggested List of Items for Stocking**  
Emergency Preparedness

Office of National Umoor E Amma, USA

Categorized Items	Recommended Stock	at Home	Portable	Other
<b>Food (Essentials)</b>				
Rice	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wheat flour	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Different types of grains including pulses e.g. (Chana Dal <input type="checkbox"/> Chickpeas <input type="checkbox"/> Lentils <input type="checkbox"/> Peas <input type="checkbox"/> Kidney Beans <input type="checkbox"/> Mung <input type="checkbox"/> )	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking necessities				
Cooking Oil <input type="checkbox"/> Salt <input type="checkbox"/> Peppers <input type="checkbox"/> Spices <input type="checkbox"/>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned/bottled items (Tomatoes, Garlic, Chickpeas, Peas, Pineapple, Peach, etc.)	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugar	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cereals <input type="checkbox"/> Oatmeal <input type="checkbox"/> Pasta <input type="checkbox"/> Powdered Milk <input type="checkbox"/>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Energy Bars	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pickles: Olives <input type="checkbox"/> Cucumbers <input type="checkbox"/> Hot Banana Peppers <input type="checkbox"/> Mixed <input type="checkbox"/>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Water: 2L drinking water per person per day (bottled water preferred for portability)	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dried fruits and Nuts like Dates, raisins, peanuts and almonds	optional	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Canned Fish (Tuna / Sardines / Mackerel)	optional	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Food Preparation &amp; Supplies (Recommended)</b>				
Backup cooking Stove				
Kerosene Stove <input type="checkbox"/> + 90 L Kerosene <input type="checkbox"/> OR Propane Stove <input type="checkbox"/> + 100lb Propane <input type="checkbox"/> <small>Fuel must NOT be stored indoors, store them in garage/sheds, etc. Propane can NOT be used indoors. Kerosene may be used for emergency indoor-cooking in a ventilated area in presence of a working carbon monoxide detector.</small>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portable Stove				
Kerosene Stove <input type="checkbox"/> + 10L Kerosene <input type="checkbox"/> OR Propane Stove <input type="checkbox"/> + 20lb Propane <input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Disposables: Plates <input type="checkbox"/> Cups <input type="checkbox"/> Spoons <input type="checkbox"/> Knives <input type="checkbox"/> Forks <input type="checkbox"/> <small>(shared by family)</small>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooking Supplies: Pot <input type="checkbox"/> Pan <input type="checkbox"/> Cooking knife <input type="checkbox"/> Cooking & Serving Spoon <input type="checkbox"/> Utensils <input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Seasoned Firewood <small>(shouldn't be stored indoors)</small>	optional	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Personal Care (Recommended)</b>				
Water: for personal hygiene 2L per person per day: always stored in barrel/drum	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Hygiene: Soap <input type="checkbox"/> Shampoo <input type="checkbox"/> Toothpastes <input type="checkbox"/> Toothbrushes <input type="checkbox"/> Razors <input type="checkbox"/>	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toilet paper	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wet wipes	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Laundry detergent	6 weeks	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Healthcare (Essentials)</b>				
First Aid Kit <small>(A good quality prepackaged one preferred)</small>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
If not contained in Kit: Bandages (multiple) <input type="checkbox"/> Gauze pads <input type="checkbox"/> Medical tape <input type="checkbox"/> Dressing <input type="checkbox"/> Antibiotic ointment <input type="checkbox"/> Liquid bandage <input type="checkbox"/> Thermometer <input type="checkbox"/> Tweezers <input type="checkbox"/> Pfl cutter <input type="checkbox"/> Calamine lotion/Antihistamine cream <input type="checkbox"/> Antifungal cream <input type="checkbox"/> Hydrogen peroxide <input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Common Medication:				
Acetaminophen (Tylenol) <input type="checkbox"/> Ibuprofen (Advil) / Naproxen (Aleve) <input type="checkbox"/> Aspirin <input type="checkbox"/> Decongestants <input type="checkbox"/> Antihistamine (Allegra/Zyrtec/Claritin) <input type="checkbox"/> Tums/Rolaids/Maalox <input type="checkbox"/> Laxatives (MiralAX/Surfak/Senokot) <input type="checkbox"/> Antidiarrheal (Imodium/Pepto-Bismol) <input type="checkbox"/> Multivitamin <input type="checkbox"/>			<input checked="" type="checkbox"/>	<input type="checkbox"/>
Aluminum Free Deodorant (seals wounds)			<input checked="" type="checkbox"/>	<input type="checkbox"/>

# SUGGESTED LIST OF ITEMS FOR STOCKING

OFFICE OF NATIONAL UMOOR E AMMA, USA

[www.ahmadiyya.us/departments/amoor-e-ama](http://www.ahmadiyya.us/departments/amoor-e-ama)

# READY TO EAT (JUST ADD WATER)





## PORTABLE STOVE OPTIONS

- PROPANE
- DUAL FUEL (PROPANE + BUTANE)
- DUAL FUEL (Camping Fuel + Unleaded gas)

# WATER DISINFECTION (EPA)

[HTTPS://WWW.EPA.GOV/GROUND  
-WATER-AND-DRINKING-  
WATER/EMERGENCY-  
DISINFECTION-DRINKING-WATER](https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water)

Volume of Water	Amount of 6% Bleach to Add*	Amount of 8.25% Bleach to Add*
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

\*Bleach may contain 6 or 8.25% sodium hypochlorite.

**Have a Question?** Ask them in **Zoom Q&A box**

# WATER PURIFICATION

**Potable Aqua** Water Purification  
Germicidal Tablets

Ready in  
**35 Minutes**

Makes questionable water bacteriologically suitable to drink

Proven effective against *Giardia lamblia* when used as directed

- Camping • Hiking • Travel

ACTIVE INGREDIENTS  
Tetracycline Hydrochloride ..... 16.7%  
OTHER INGREDIENTS ..... 83.3%

100.0%  
Each Tablet Contains: 6.66% Tetratable Iodine

**WARNING**  
KEEP OUT OF REACH OF CHILDREN  
SEE FIRST AID AND OTHER PRECAUTIONS ON BACK PANEL.

NET CONTENTS .21 OZ (6 g)  
50 TABLETS





# RAINWATER COLLECTION SYSTEM

- Water can be used for non-drinking needs



**We pray in the words of the Holy Prophet ﷺ**

أَذْهِبِ الْبَاسَ رَبَّ النَّاسِ وَاشْفِهِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا بِشِفَاؤِكَ شِفَاءً لَا يُغَادِرُ سَقَمًا

‘O Lord of people! Grant relief from this illness, for You are the healer. There is no healing except that which comes from you. So, grant complete healing without leaving a trace of illness.’

Sahih al-Bukhari Kitabut Tibb

# DOCTOR ON CALL

Dr Hashim Mumtaz



# DOCTOR ON CALL

## PROGRAM PURPOSE

- *Provide counseling, advice, education and medical help*
- *Who may not have ready access to healthcare or with language barriers*
- *Available via email or WhatsApp in Urdu, English and Punjabi*
- *The program does not replace professional help or any emergency medical needs*

خدمتِ دین کو اک فضلِ الہی جانو  
اس کے بدلہ میں کبھی طالبِ انعام نہ ہو

# HOW TO CONTACT US

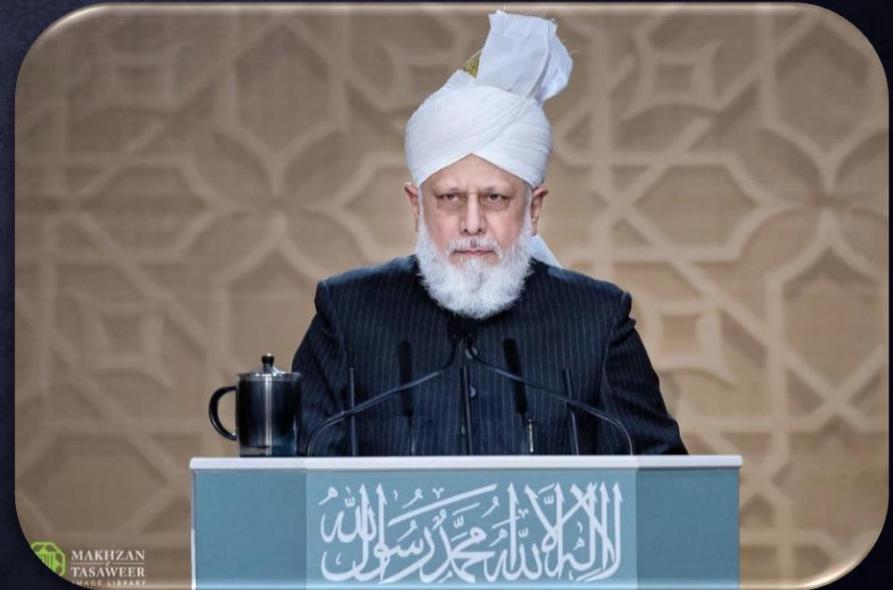


[doctor@ahmadiyya.us](mailto:doctor@ahmadiyya.us)

- Access to personal information secure and limited to doctors in program
- Name and Jama'at not required, if privacy is an issue, need relevant medical information
- Response within 24 hour by a doctor assigned to you

# FRIDAY SERMON DELIVERED BY HAZRAT KHALIFATUL MASHIH V (ABA) DECEMBER 19, 2008

“There are illnesses which, at one point, seemed untreatable; yet now their treatment is seen as being very simple. Such progress should not lead one to think that – God forbid – humankind holds an equal share in the Sovereignty and attributes of Allah Almighty. In fact, it is the favor of God that he has granted humans such intellect as to discover new treatments, after which God bestows His blessings and cures people through these treatments. Allah Almighty alone is the Healer. As the Holy Prophet ﷺ has said, humans are compassionate. Thus, every researcher who searches for cures to illnesses; every doctor and healer should be compassionate to other human beings and their patients, and they should strive for the betterment of humanity.”



# HOMEOPATHY

Ali Chaudhry





# Guidance on Homeopathic medicine to protect from Radiation Exposure

March 18, 2011 Friday Sermon

Watch on [YouTube](#)

# **REMEDIES PRESCRIBED BY HAZRAT MIRZA MASROOR AHMAD(ABA)**

**Radiation Exposure**

**Covid-19 Prevention**

**Covid-19 Treatment**

# NATURAL HOME REMEDIES FOR COVID-19 TREATMENT

- **ginger + black pepper + honey** = Once a day



- **1/3 spoon of Turmeric powder (Haldi) + 1 spoon of Olive Oil** = Twice a day

# HOW TO OBTAIN THE HOMEOPATHY REMEDIES?

- **Contact your local Umur e Amma Secretary**
- **Email [homeopathy@ahmadiyya.us](mailto:homeopathy@ahmadiyya.us)**
- **Purchase Online**
  - <http://beehealthyhomeopathic.com>
  - <http://abchomeopathy.com>



# **FINANCIAL PREPAREDNESS**

Amer Aziz – Senior Financial Analyst



# LIFESTYLE & DISCIPLINE



- Exercise planning and budgeting
- Live within your means, location/workplace flexibility
- Recommend Home Ownership (long term net worth)
- Begin retirement planning early as possible (401Ks and self-administered IRAs)
- Enroll in a Savings program even with small \$ (budget within 90% of income)
- Avoid debt traps



# AVOID CULTURAL DEBT TRAPS

## ■ Credit Cards (High Risk Credit)

- As of 4Q 2019, Total CC debt at all time high of \$930B, Avg \$8K, rates ~20%
- Young Americans (18 to 29) 76% higher default rate
- Use installment loans / Google search: “Debt Consolidation”

## ■ Student Loans

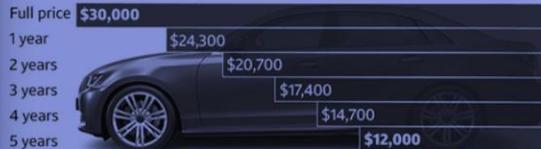
- Largest consumer debt outside of mortgages, ~\$1.6T, avg \$39K/student
- Avoid debt as much as possible:
  - Instate College
  - Grants & Scholarships
  - State employment programs
  - Online Options e.g., **WGU**
- Beware of forbearance programs!

## ■ Car Loans

- Buy used
- Payoff within 5 years
- Trade-in with dealers / negative equity rollovers

### New Car Depreciation: The Big Picture

It's a harsh fact of automobile ownership: cars lose value quickly. Here is a snapshot of average depreciation for a sedan.



Source: Average depreciation rates, according to Edmunds. (Rates vary based on make, model, mileage and many factors.)

# PANDEMIC ECONOMIC ASSISTANCE

Take up even petty jobs if unemployed

Demands of Tehreek e Jadeed #13

- File for unemployment (Pandemic benefits)
- Government Assistance Programs i.e. SNAP, food stamps etc.
- Use forbearance programs from utilities / mortgage & auto-lenders
- Find work! Who is hiring? Delivery, Online Services



# MAJOR DISRUPTION/CATASTROPHE

- US\$ still the safe-haven and 'reserve' currency of the world
- Disruption to banking systems / Run on Bank: Keep 4 – 12 weeks cash reserves at home
- Gold / Precious metals are the great constants of money in history

# **FIREARM SAFETY**

Khurram Ahmed





# **FIREARM SAFETY**

1. Safe handling of firearms
2. Types of firearms
3. Know the laws - owning & possessing
4. Hunting - another way to enjoy the outdoors