

PREPARED & GROUNDED

A three-part preparedness course for Lajna Ima'illah USA

Foundations & Communication

Webinar 1 of 3 · 45 minutes

Facilitator: Dr Hiba T. Ghani & Saba Mangla [8/27/26]

Humanity First Lajna Ima'illah USA Disaster Relief Webinar 1- Foundations & Communication

Agenda



Recitation of Holy Quran, English and Urdu Translation- Abia Virk



Dua Opening Remarks- Respected National Sadr Dhiya Tahira Bakr Sahiba



Webinar 1 Foundations & Communication- Hiba Ghani & Saba Mangla



Live Questions (raised hands) Moderator Sabahat Ali & Answers
Q&A (Chat) HF Lajna Imai'llah DR team



Dua

The Command to Prepare

Long before the flood came, Hazrat Nuh (as) was told to build — while others could not yet see the need.

Surah Hud, Ch.11: V.38

وَاصْنَعِ الْفُلْكَ بِأَعْيُنِنَا وَلَا تُخَاطِبْنِي فِي الَّذِينَ ظَلَمُوا ۚ إِنَّهُمْ مُّغْرَقُونَ ﴿٣٨﴾

'And build thou the Ark under Our eyes and as commanded by Our revelation. And address not Me concerning the wrongdoers. They are surely going to be drowned.'

اور ہماری آنکھوں کے سامنے اور ہماری وحی کے مطابق کشتی بنا اور جن لوگوں نے ظلم کیا ان کے بارہ میں مجھ سے کوئی بات نہ کر۔ یقیناً وہ غرق کئے جانے والے ہیں۔

Surah Hud, Ch.11: V.41

حَتَّىٰ إِذَا جَاءَ أَمْرُنَا وَفَارَ التَّنُّورُ ۖ قُلْنَا احْمِلْ فِيهَا مِنْ كُلِّ زَوْجَيْنِ اثْنَيْنِ وَأَهْلَكَ إِلَّا مَنْ سَبَقَ عَلَيْهِ الْقَوْلُ وَمَنْ آمَنَ ۚ وَمَا آمَنَ مَعَهُ إِلَّا قَلِيلٌ ﴿٤١﴾

Till, when Our command came and the fountains of the earth gushed forth, We said, 'Embark therein two of every kind, male and female, and thy family, except those against whom the word has already gone forth, and those who believe.' And there did not believe and live with him except a few.

یہاں تک کہ جب ہمارا فیصلہ آپہنچا اور بڑے جوش سے چشمے پھوٹ پڑے تو ہم نے (نوح سے) کہا کہ اس (کشتی) میں ہر ایک (ضرورت کے جانور) میں سے جوڑا جوڑا سوار کر اور اپنے اہل کو بھی سوائے اس کے جس کے خلاف فیصلہ گزر چکا ہے اور (اسے بھی سوار کر) جو ایمان لایا ہے۔ اور اس کے ہمراہ ایمان نہیں لائے مگر تھوڑے۔

Surah Hud, Ch.11: V.42

وَقَالَ ارْكَبُوا فِيهَا بِسْمِ اللَّهِ مَجْرِبَهَا وَمُرسِلُهَا ۚ إِنَّ رَبِّي لَغَفُورٌ رَحِيمٌ ﴿٤٢﴾

And he said, 'Embark therein. In the name of Allah be its course and its mooring. My Lord is assuredly Most Forgiving, Merciful.'

اور اس نے کہا کہ اس میں سوار ہو جاؤ۔ اللہ کے نام کے ساتھ ہی اس کا چلنا اور اس کا لنگر انداز ہونا ہے۔ یقیناً میرا رب بہت بخشنے والا (اور) بار بار رحم کرنے والا ہے۔

How Huzoor Has Called Us to Prepare

His Holiness has repeatedly reminded us of the need to stay informed and prepared.



"...the world we are living in is extremely volatile and turbulent."

— Hazrat Khalifatul Masih V, Address at the Humanity First International Conference, London • 3 March 2018

In the same address, His Holiness described catastrophic natural disasters, rising wars, and growing social fragmentation across the globe — and said it is the duty of believers to use their capabilities and skills to the fullest, to help those affected and stand ready to serve.

"Your aim should be that the humanitarian services of Humanity First do not just increase gradually but increase exponentially in the years ahead."

Hazrat Khalifatul Masih V

Humanity First Lajna Ima'illah USA Disaster Relief Team

Striving for Strategic preparedness.



Nutritional Officer - Sabahat Ali Sahiba

Emergency Food/kitchen support, Pregnant, lactating, infant and young child nutrition monitoring team.



Medical Health Officer - Dr Hiba Nasir Sahiba

Basic Life Support, medical treatment, antenatal care, Postnatal care.



Administrative and Logistic Lead - Lubna Chaudhry Sahiba

Ensure smooth operations of the team.



Gender and Protection Officer - Saba Mangla Sahiba

Ensure protection of women and girls focusing on GBV prevention and response.

Welcome

Take a breath. You are in the right place.



This is a space for learning without being anxious

We come together to learn skills, not to dwell in fear. Practical knowledge is the antidote to worry.



You are not alone

Every woman in this room is here because she loves someone. We learn together so we are not isolated when it matters most.



Faith and preparation belong together

Preparing is an act of stewardship and love for our families and community. There is nothing fearful about being ready.

Building a culture of preparedness

Preparedness should become a part of the culture of not only Humanity First, not only within Jamaat leadership, but with in every Ahmadi family globally.



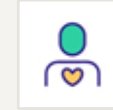
Every Jamaat

Understands it's role in emergencies



Every Family

Understands essential readiness fundamentals.



Every Volunteer

Trained before disaster strikes.

About this course

Three webinars. Each one builds on the previous, and goes a little deeper.

1

45 min

Foundations & Communication

Mindset, awareness, home readiness, family communication plan

2

45 min

Medical Emergencies

Bleed control, choking, CPR, recognizing critical conditions

3

45 min

Civil Unrest, Sheltering & Evacuation

Avoidance, home hardening, sheltering, go-bags, evacuation, building the network

You are here →

Why we are here

*"In a quiet season,
we prepare for storms.*

*In the storm,
we are calm.*

This is the work of preparedness.

60%

of U.S. households have less than 3
days of food on hand

14

days is the new recommended
baseline for water and supplies

1 in 4

households experienced a multi-day
power outage in year 2023

Three principles guide us

Hold onto these. They shape every choice we will make.

01

Skills before equipment

What you know matters more than what you own. A trained mind beats a full pantry every time. We invest in skills first.

02

Composure is a skill

Panic is contagious — and so is composure. We practice staying calm now, so it is available to us later. Your steadiness will steady others.

03

Community is strength

No one prepares well alone. We build relationships now with the women who will be beside us when it counts.

The Normalcy Bias

Why most people freeze in the first minutes of an emergency.

"The unconscious belief that because something terrible has never happened to you, it cannot happen now — even when the evidence is right in front of you."

— A pattern observed in 70% of people during sudden-onset disasters

What it looks like

- ➔ Hearing the fire alarm and finishing your coffee first
- ➔ Watching the hurricane forecast strengthen but not buying water
- ➔ Smelling smoke at a restaurant and waiting to see what others do
- ➔ Receiving an evacuation notice and packing slowly because "it probably won't be that bad"

Overriding the freeze

Three practiced moves that interrupt the bias and get you acting.

1

Name it out loud

Say what is happening, in words. "The alarm is real. We are leaving now." Naming a situation moves it from the freeze part of your brain to the planning part.

2

Move one step

The first physical action breaks the spell. Stand up. Grab the bag. Take the first step toward the door. Once you are moving, you can think.

3

Pre-decide the script

Decide today, while calm, what you will do in three or four common scenarios. The decision is already made when you need it most.

Situational awareness, made simple

Four color codes for four states of attention. Most of life is lived in the second one.

WHITE

Unaware

Phone-absorbed. Disconnected from surroundings. The state most likely to be caught off guard.

YELLOW

Relaxed Alert

Aware of your surroundings without anxiety. The ideal default for daily life. Calm but awake.

ORANGE

Focused

Something has caught your attention. Heightened observation. Forming a plan. Not yet committed to action.

RED

Acting

Threat is confirmed. Executing the plan. The pre-decided script kicks in. Everything is movement.

Living in Yellow

Yellow is not paranoia. It is presence. Three simple habits to build it.



Look up when you enter a room

Before you sit down, scan: where are the exits? Who is here? What feels off, if anything? This takes three seconds.



Know two exits, always

Restaurant. Sanctuary. Store. Parking lot. Before you settle in, locate at least two ways out. It becomes automatic with practice.



Trust the inner voice

If something feels wrong, it likely is. Women are well-trained to override this instinct out of politeness. We are unlearning that here.

From 72 hours to 14 days

Why the old advice is no longer enough — and what to plan for instead.

THE OLD ADVICE

72 hours

Built for a world where help came quickly: power crews restored grids in a day, supply chains rebounded fast, neighbors had pantries, and disasters were geographically contained.

THE NEW BASELINE

14 days

Modern disasters last longer and disrupt wider areas. Multi-day grid outages, supply chain delays, and overwhelmed emergency services have made two weeks the realistic floor. Better to have it and not need it.

Five pillars of home readiness

If you have these five in your home, you are ready for the vast majority of scenarios.



Water

1 gallon per person
per day



Food

14 days of shelf-
stable basics



Light & Heat

Power-free options
for both



Communication

Plan + backup means



Community

Two trusted
neighbors

Pillar 1: Water

The single most important supply. The one you cannot improvise.

1 gallon

per person, per day

Half for drinking, half for cooking and basic hygiene. Children, nursing mothers, and pets need more.

Three ways to store it

Cases of bottled water

Simple. Rotates easily. Buy two cases per person per week of storage. Mark purchase dates with a marker.

5-gallon BPA-free jugs

Better for larger households. Store in cool and dark places.

55-gallon water barrels

The serious option. One barrel covers a family of four for nearly two weeks. Treat with water-storage preserver.

Water Purification Methods

These take up significantly less space, and can be a useful back-up option.

01

Water Filter

There are many video tutorials on DIY water filtration. Those are useful in a pinch, but accurate water filters can be more reassuring and there are plenty of affordable options, like Lifestraw.

02

Purification Tablets

There are many iodine water tablets on the market, such as AquaTabs and Katadyn Micropur.

03

Boil Water

Boil water for a full minute. Only boil water that looks physically clean and is from a relatively clean source. If water has a lot of dirt or other material, it can leach heavy minerals into your drinking water.

Pillar 2: Food

Two weeks of food your family will actually eat. Familiar beats fancy.

Three rules of food storage

1

Store what you eat

If your family will not eat lentils on a normal Tuesday, do not store fifty pounds of lentils. Crisis is not the time to introduce strange food.

2

Rotate constantly

First in, first out. Mark purchase dates. Use storage food regularly so it stays fresh and you stay practiced.

3

Build slowly

Add ten extra cans a week to your normal shopping. In six months, you will have a meaningful reserve without ever spending a large sum at once.

Pillar 3: Light & Heat

When the power goes, every household needs both — safely.



Light



Headlamp per person

Hands-free is non-negotiable. Cheap and life-changing.



Lantern per room

Battery-powered LED lanterns are safer than candles, last longer, and light a whole room.



Hand-crank flashlight

No batteries to die. Keep one in every car.



Avoid candles when possible

Open flame is the leading cause of secondary fires in outages.



Heat



Layered blankets per person

Wool, fleece, and emergency mylar blankets. Two of each, per person.



Indoor-safe heater

Propane heaters labeled indoor-safe (e.g., Mr. Heater Buddy). Never use camp stoves or grills indoors.



Carbon monoxide detector

Battery-powered. Test monthly. The most important \$25 you will spend.



Chemical warmers

Single use air activated hand and foot warmers.

Pillar 3: Light & Heat

When the power goes, every household needs both — safely.

1 Induction Stovetop

If you have back-up electricity sources, this option can be easily plugged in without worrying about fuel.

2 Isobutane+Propane Jet Stove

These are usually pretty small, but they cook fast. They also have the advantage of working in a wide range of temperatures. Can be a little pricey.

3 Butane Stove

Butane is a very affordable fuel option, but gets used up fast and only in a certain range of temperatures. The accompanying stoves are also low-cost.

4 Propane Stove

Small or large propane fuel canisters can be stored at home and get used up slowly. Propane is usually the option for the average household.

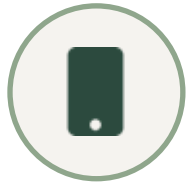
Communication

when systems fail

The first thing to break in any crisis is your phone. Here is how we plan around that.

Why communication fails first

Three predictable failures. Plan for each one.



Network overload

When a disaster hits, every person within 20 miles calls every other person. Towers built for 10,000 connections suddenly see 100,000. Voice calls fail.



Power loss

Cell towers have backup batteries that last 4-8 hours. After that, towers go dark in sequence. Phones themselves die within a day without charging, as well as walkie talkies. Both ends fail.



Information chaos

Social media floods with rumors. News reports lag and contradict. Family members hear different things and panic differently. Without a plan, you spend the crisis trying to figure out what is real.

Text first. Always.

When the network is overloaded, texts often still get through. Calls usually don't.

WHY TEXTS WORK BETTER

Texts retry automatically

A text that fails will keep retrying in the background. A voice call drops and you have to redial — wasting battery and bandwidth each time.

Texts use less bandwidth

A text is kilobytes. A voice call streams continuously. When towers are saturated, the small payload gets through when the large one cannot.

PRACTICAL RULES

- ✓ Text, don't call, unless it's life-threatening
- ✓ Keep messages short — 'Safe. Home. With kids.' is enough
- ✓ Send once and wait. Don't spam-retry; it makes things worse
- ✓ Group texts (SMS or iMessage) reach everyone at once
- ✓ If text fails, try email — uses any data connection
- ✓ Save battery: airplane mode between updates

P.A.C.E Method

Four sequential layers of emergency communication.

Primary - Best Option

Text Message, Whatsapp, Social Media, Phone Calls

Alternate - Solid Back-Up

SMS, Email, Leaving a Note, Messaging Out-of-State Contact

Contingency - Workable

Walkie Talkies, Ham Radio, Satellite Radio, Location Meet-Up

Emergency - Last Resort

Flares, Whistles, Secondary Location Meet-Up

When the phone won't work

Three backup options, from simplest to most capable. Start with the first.

ENTRY

FRS / GMRS Radios

\$30-80

Walkie-talkies. FRS needs no license; GMRS needs a \$35 family license good for 10 years. Range: 1-5 miles in town, more on water. Perfect for talking to family in the next building. Both operate entirely independently of internet, cellular networks and the traditional electrical grid.

INTERMEDIATE

Ham Radio

\$50-1000

Requires a Technician-class license (a short multiple-choice test, \$15). Vastly superior range. Connect with emergency nets, weather reports, and a national community. While FRS/GMRS are built for short range communication, Ham radio is designed for regional/global communication when all local infrastructure fails.

ADVANCED

Satellite Messenger

\$200-500

Garmin inReach or similar. Works anywhere there is sky. Two-way text via satellite. Monthly subscription required (~\$15/mo). The gold standard for true off-grid communication. Connect directly to commercial satellite.

Real reports vs. rumors

During a crisis, social media will overwhelm you with conflicting information. A simple filter.

Trust hierarchy — top to bottom

1	TRUST MOST	Your own eyes and your trusted neighbors
2	TRUST	Local emergency management (county Twitter/X, official alerts)
3	VERIFY	Major news outlets with multiple confirmed sources
4	BE CAREFUL	Social media posts with first-person video or location
5	DO NOT TRUST	Forwarded messages without source, viral posts without timestamps

Three questions before sharing anything: Who is the source? Is there a timestamp? Have I confirmed it elsewhere?

The community piece

Two trusted neighbors. The smallest possible community. The most important.



One out-of-state contact

During local emergencies, local networks fail before long-distance ones. Pick one trusted person who lives far from you. Everyone in your family calls or texts them — they become the family hub.

→ *Decide tonight. Tell the person. Done.*



Two trusted neighbors

Two households on your street whose names you know, whose phone numbers you have, and who would check on you in an emergency. We will deepen this in Webinar 4.

→ *Walk over this week with cookies. Get the numbers.*

Your family communication plan

Four tasks this week. Write them on a card. Give one to every family member.

1 Prepare a PACE plan

Inform every person in your family what the plan is. Practice it from time to time so that everyone remembers during an emergency.

2 Inform out-of-state contacts

One person who lives far enough that local networks don't affect them. Everyone calls or texts them. They become the family information hub.

3 Code phrases

A short phrase that means 'I am safe.' A second that means 'I need help, come now.' Easier to text under stress than full sentences.

4 School & work plans

If schools shelter in place, when do they release? Who picks up if you can't? Have written backup authorization on file.

This week's actions

Two small tasks. Both doable in one evening combined.

ACTION 1

Home Preparedness Self-Audit

Refer to the Humanity first two-page checklist.

- ✓ Walk through your home with the checklist
- ✓ Mark each pillar as Strong / Adequate / Needs work
- ✓ Choose one item to address this week
- ✓ Keep account of supplies.

ACTION 2

Family Communication Card

Discuss with all family members

- ✓ Pick your out-of-state contact and call them
- ✓ Decide on a primary and backup meeting point
- ✓ Write two code phrases (safe / need help)
- ✓ Print and give a copy to every family member

Where are you today?

Assess your home situation and supplies and make a plan.

1. Consider your household size and start planning, one thing you would grab if you had 10 minutes to evacuate.
2. Of the five pillars, which feels strongest in your home today? Which feels weakest?
3. Who is your out-of-state contact? If you don't have one, who would you pick?
4. What is one action — under \$50, under one hour — you will take this week before our next session?
5. Pick an accountability partner from your local Jamaat. Exchange contact info.

More Resources

Three websites to help you get started.

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

This is a national website that has resources for kids, elderly people, and people with disabilities.

beready.utah.gov

Utah has a very comprehensive emergency preparedness website. Be sure to check your own state's website as well.

More Resources

Three websites to help you get started.

Prep Tracker

This platform is sponsored by Humanity First and can be used through the website, or even downloaded as an app. You are able to input all of the water and supplies you have and it will tell you how many days it will last.



SCAN TO START

www.prep-tracker.com

Questions, reflections, stories

This is your time. There are no small questions in this room.



Raise a hand · Type in chat · Unmute and speak

Next time

Webinar 2 — Medical Emergencies. 45 minutes.

WHAT WE WILL COVER

- ➔ Choking response — adult, child
- ➔ Stop the Bleed — direct pressure, packing, tourniquets
- ➔ CPR basics and the recovery position
- ➔ Recognizing stroke, heart attack, anaphylaxis
- ➔ When to call 911, when to act, when to wait
- ➔ Building a household trauma kit

BEFORE WE MEET AGAIN

- ✓ Complete the home self-audit
- ✓ Create your family communication card
- ✓ Call your out-of-state contact
- ✓ Walk over to your two neighbors
- ✓ Text your accountability partner with what you did

Thank you for being here.

"Be vigilant, remain calm and continue to pray"

For any questions or information please send an email to hiba.ghani@humanityfirstusa.org